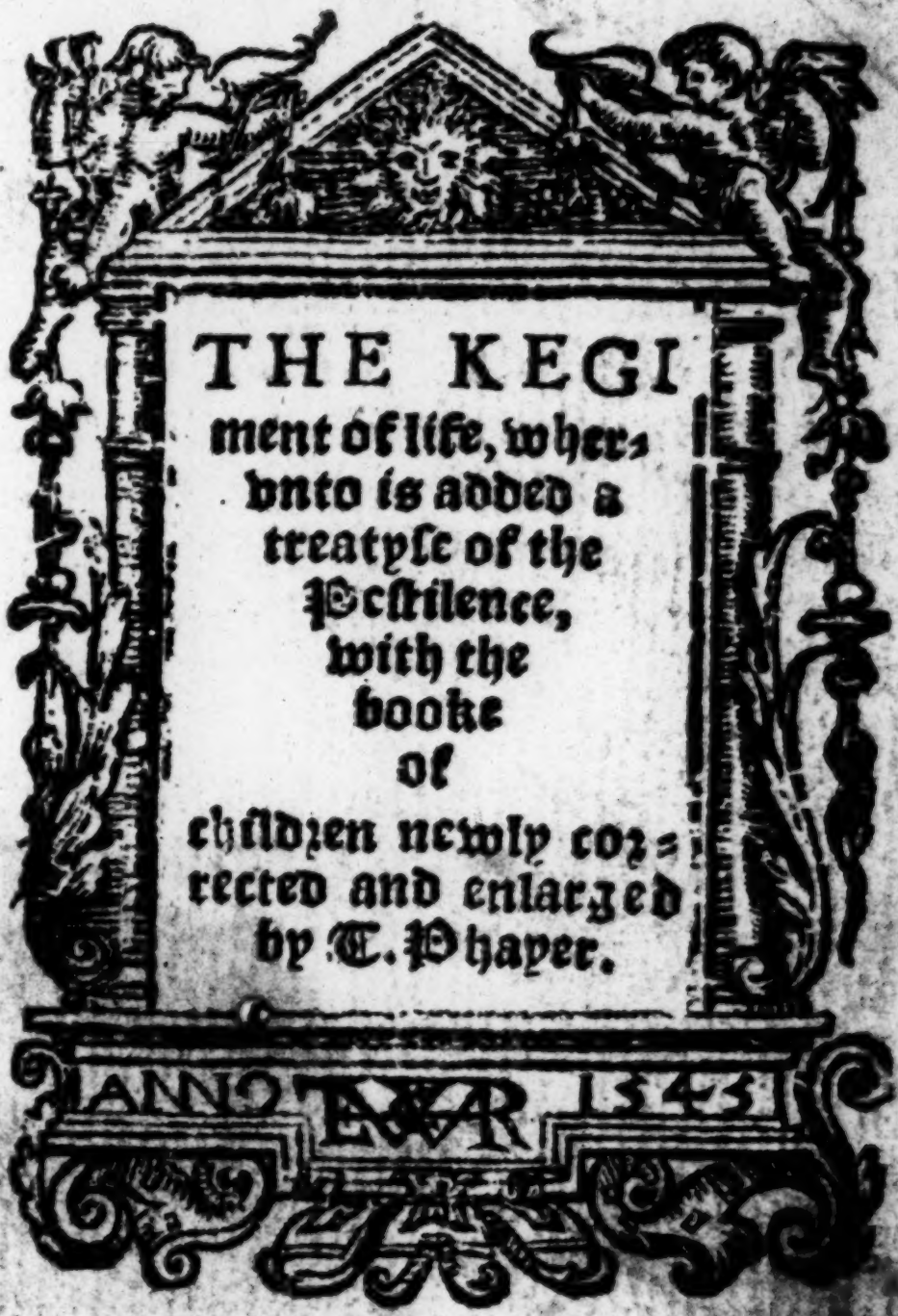
3.


THE KEGI
ment of life, wher-
vnto is added a
treatyse of the
Pestilence,
with the
booke
of
children newly cor-
rected and enlarged
by T. Phayer.
ANNO DNI 1543

¶ The preface to the boke of children.

Although (as I doubt not) euerye good man wil enterpret this worke to none other ende but to be for the comforte of them that are diseased, and will esteme no lesse, of me by whom they profyte, then they wyl be glad to receyue the benefites: Yet forasmoche as it is impossible to auoyd the teeth of malicious enuye, I thought it not vnnecessary to preuent ỹ furyes of some, which are euer gnawynge and bytynge vpõ them that further any godlye sciences. To those I protest that in all my studyes, I neuer entended,

nor yet do entēd to satisfy the mīndes of any such pikfaultes (which wyll do nothynge but detract and iudge other, snuffynge at all that offendeth the noses of theyr mōmyshe affections, howsoeuer laudable it be otherwayes) but my purpose is here to do them good that haue moost nede, that is to say chyldren, and to shewe the remedyes that god hath created for the vse of mā, to distribute in Englisch to them that are vnlerned part of the treasure that is in other lāguages, to prouoke them that are of better lerning, to vtter theyr knowlege in suche lyke attemptes, finally to declare that to the vse of many, whiche ought not to be secrete for lucre of a fewe, and to communicat the frute of my labours, to them that will gently and thankefully

fully receyue them, whiche yf any be so proude or supercilious, that they immediatly will despise, I shall frendly desyre thē, wyth the wordes of Horace. Quod si meliora nouisti, Candidus imparti, si nō his vtere mecum. If they know better, let vs haue parte: yf they do not, why repine they at me, why condempne they the thinge that they cannot amende? or yf they can, why dissimule they their connynge? how longe wolde they haue the people ignorant? why grutche they physike to come forth in Englyshe? wolde they haue no man to knowe but onely they? Or what make they thē selues? Marchauntes of our lyues and deathes that we shulde bye our healthe only of them, and at their prices? no good physicion is of that mynde.

For

For yf Galene the prynce of thys arte beinge a Grecia wrote in the Greke, king Auicenne of Arabie in the spech of his Arbyans: yf Plinius, Celsus, Serenus and other of the Latines wrote to the people in the Latyne tōge, Marsilius Ficinus (whome all men assente to be singulerly learned) disdayned not to wryte in the language of Italy: generally, yf the entent of all that euer set forth any noble studye, haue ben to be redde, of as many as wolde. What reason is it that we shuld huther muther here amōge a fewe, the thyng that was made to be common vnto all. Christ sayeth, no man lyghteth a candle to couer it with a bushell, but setteth it to serue euery mans nede: & these go about, not only to couer it when it is lyghted, but to

quēch

quench it afore it be kindled (if thy myght by malyce) whyche as it is a detestable thynge in any godlye science: so me thynketh in thys so necessarye an arte, it is exceadynge dampnable and deuylyshe, to debarre the fruycion of so inestimable benefytes, which our heauenlye father hath prepared for oure cõfort & innumerable vses, wherwyth he hath armed oure impotent nature agaynst the assaultes of so manye sycknesses: whereby his infynyte mercye and aboundaunte goodnesse is in nothynge els more apparauntly cõfessed, by the whiche benefites, as it wer w mooste sensible argumentes spoken out of heuen, he constraineth vs to thinke vpon our owne weakenes, and to knowledge, that in al flesh is nothynge but myserie, sikenesse, sorowes,

sorowes, synne, affliction, and deathe, no not so mochе strengthe as by our owne power, to relyeue one member of our bodyes diseased. As for the knoweledge of medicines, comfort of herbes, mayntenaunce of healthe, prosperytie, & life, they be hys benefyttes, and procede of hym, to the ende that we shulde in common, helpe one an other, and so lyue togyther in hys lawes and commaundementes: in the which doyng we shall declare oure selues, to haue woorthelye employed them, and as frutefull seruauntes, be liberallye rewarded, Otherwyse, vndoutedly the talente whyche we haue hydden shall be dygged vp, and distributed to them that shall be more diligent, a terrible confusion afore so hye a iustyce, & at suche a Court

where

where no wager of lawe shall be taken, no proctoure lympted to defende the cause, none exception allowed to reproue the wytnes, no councell admytted to qualifye the gloses, the very bare texte shalbe there alleged. Cur non posuisti talentum in fenus. Whye haste thou not bestowed my talẽte to the vaũtage. These and suche other examples, haue enforced me beynge oftentymes exercysed in the studye of philike, to deryue out of the purest fountaynes of the same facultye, suche holsome remedyes, as are most approued to the consolation of them that are afflycted, as farre as God hathe gyuen me vnderstanding to perceyue: folowing therein, not onlye the famous and excellent authours of antiquitye, but also the mẽ of hyghe learnyng

nowe

now of oure dayes, as Manardus, Fuchsius, Ruellius, Musa, Campegius, Sebastyan of Austryke, Otho Brunfelsius, Leonellus. &c. wyth dyuers other for myne opportunitye, not omyttynge also the good and sure experimentes that are founde profitable by the dayly practyse.

And where as in the regiment of lyfe, whyche I translated out of ỹ frenche tonge, it hath appered to some, more curyouse than nedeth, by reason of the straunge ingrediens, wherof it often treateth: Ye shal knowe that I haue in manye places amplyfyed the same, wyth suche common thynges, as may be easelye gotten, to satysfie the myndes of them that were offended, or els cõsiderig that there is no moneye so precious as helth,

I wold thinke no spice to dere, for mayntenauns therof. Notwytstandynge I hope to see the tyme, whā the nature of Simples (whyche haue ben hytherto incredible corrupted) shal be redde in Englysshe as in other languages, that is to saye the perfecte declaration of the qualities of herbes, seedes, rootes trees, and of all commodities that are here amongest vs, shalb earnestely and trulye declared, in oure owne natyue speche, by the grace of god. To the whyche I trust allerned men (hauynge a zele to the common wealth) wyll apply theyr diligent industries, surely for my parte, I shall neuer cease, during my breath, to bestowe my labour

to the furtheraunce of it (tylle it come to passe) euen to the vttermoste of my simple power. Thus fare ye well gentle readers.

.*.

Londini, Mense. Junij.

1.5.4.6.

it

¶ Here beginneth the Regiment of lyfe, and firſt of the nature of mannes bodye.

¶ The humours whyche be in nature and howe they are deuyded.

The bodye of man is compact of foure humours, ꝑ is to saye: Bloud, Phlegme, Choler, and Melancholye, whyche humours are called the ſonnes of the Elementes, becauſe they be complexioned lyke the foure elementes. For lyke as the ayre is hote and moyſte: ſo is the bloud hote and moyeſt. And as fyer is hote and dryye: ſo is choler hote & dryye. And as water is colde and moyſt: ſo is phlegme colde and moyſte. And as the yearth is colde and dry: ſo melancholy is colde and dryye. Whereby it apereth

that thre be nyne complexions. Wherof .iiii. be symple, that is to wete hote, colde, moyst, and drye, and .iiii. cõplexions compounde: that is, hote and moyst, whych is the complexion of the ayre and of blood. Hote & dry, whic is the complexion of the fyre, and of cholere. Colde and moyst, which is the cõplexion of the water and of phlegme and colde and drye, that is the complexion of earth and of melancholye. The nynth complexion is temperate, neyther to hote nor to colde, nor to moyste nor to drye, whych yet is a thyng very seldome sene amonge men. After the phisicions, the sayde foure humours gouerne and rule euerypne in his place and enduce men to be of the complexions folowynge.

¶ The complexion of the phlegmatyke.

Phlegm

Phlegme enclyneth a man to be

well fourmed.
a sleper.
dull of vnderstandyng.
full of spattle.
full of coloure.

¶ The cõplexions of the sanguyne.

Blood causeth one to be.

full of flesh.
liberall.
anyable,
curtyse.
nierye.
inuentyue.
bolde.
iecherous.
of red coloure.

¶ The cõplexions of the cholerike.

Cholere causeth a mã to be

hastye.
enuyous.
couetous.
subtyle
cruell.
a watcher.
prodigall.
leane, and of yelowe coloure.

¶ The complexions of the melancholyke.

Melancholye maketh one.

Solitarye.
Soft spirited.
Fearfull.
Heauye.
Curyous.
Enuyous.
Couetous.
Blacke of coloure.

¶ These be the foure humours wher of the bodyes are cõpounded, and euery one of t'hem hath a speciall dominiõ in respect of all the other, accordyng to the age, that is to saye, from a mãnes natiuitie, tyl he come to .xxv. yeres, the bloud hath most power, and from that tyme to the yeare of his age .xxxv. raygneth the Cholere, for then commeth heate into the vaynes, and the cholere begynneth to aryse and be strong.

Then cõmeth myddle age, and bryngeth forthe melancholye, an humoure colde and drye and hath his endurauce tyll

tyl fyfty yeres or therabout, at whiche tyme all the humours of the bodye begynne to dimynysche, and the naturall heate by lytle and lytle doth abate. And then succedeth olde age vnto deth in the whiche age phlegme hath ỹ principal power and dominion. Wherfore it shalbe necessary for al that be of that age. to cõfort their bodyes with some natural heate and meates of good norysshynge, as yolkes of egges potched good and yonge flesche, wheate bread, & good wyne, and all suche thynges as engendre good bloud and spirites, whereof we entende (by the sufferaunce of God) to declare more aboundauntlye hereafter.

¶ Here followeth the description of inwarde and outwarde diseases, with the most holsome and expert remedyes for the cure therof, appropriate to euery membre throughout the body.

¶ The fyrst chapter, of the syckneſſe and remedyes of the heed.

HEad 'ache chaunceth often tymes, of dyuers and sondry cauſes as of bloud, cholere, fleume, or melancholye, or of ventoſitie, and somtymes of heate of the ſunne, or of to great colde of the ayre.

Ye maye knowe head ache when it commeth of bloude, for in the face and eyes there appeareth a darke redneſſe, pryckyng and heuyneſſe with heate.

¶ Remedye.

Ye muſt let hym bloude on the hed veyne, on that ſyde that the peine is on then laye vpon the place oyle of roſes, vynegre, and roſewater, or a bag wyth roſes ſprynkled with roſewater. And here is to be noted, as wel in this cauſe as all other, that if his bellye be harde and bounde, fyrſt ye muſt gyue hym an eaſye glyſter, or els halfe an ounce of Caſſia newlye drawen out of the cane, or ſome other eaſye laxatyue to pro-

uoke

uoke the dutye of the wombe, els all applications of medicynes, wyll be nothyng worth at all.

One may knowe head ache that procedeth of cholere, when in the face ther is a clere rednesse, enclynyng somwhat toward yelowe, holownesse of the eies and the mouth drye and hote: And som tymes bytternesse, small reste, greate heate with sharpe payne, chefely on the ryght syde of the head.

¶ Remedye.

Ye must gyue hym morne and euen todrynke, sirupe of vyolettes, or pome granades with a meane draught of endyue water in a glasse, or of comyn water sodden and cooled agayne. And in steade of these sirupes ye maye drynke water of endyue, succorye, purcelane, & nenuphar mengled togyther, or one of them by them selfe, two or. iii. dayes at euenyng and mornyng, Then gyue a dramme of pillule sine quibus, at night to bed warde, or about mydnight, & the day folowing kept you i your chāber.

In

In ſtede of thoſe pylles it is good euery morning to take an houre afore ſūne a medicine to drynke, that ſhalbe made of halfe an ounce of Succo roſarum, mixt with two ounces of water of endyue. In ſteade of the ſaide ſucco roſarum, ye maye take halfe an ounce of diaprunis laxatiue, & ye muſte take hede in gyuyng ſuche purgacions, that the pacient be ſtrong, for if he be weake, ye may gyue hym but the halfe of ꝑ ſayd pylles or of the other laxatyues. And yf in diminyſhyng the quantitie of the ſayde medicines, it worketh not wyth the pacient as it ſhulde, it is conuenie̅t to gyue hym a common gliſter.

¶ An other remedy for the ſame peyne.

Ye muſt laye theron a lynnen cloth moyſted in roſewater, plantayne water, mozel water, and vynegre, or elles take the iuyce of lettuce and roſes, and a litle vyneger, and warme it together and dyppe therin a lynnen clothe, and laye it to the peyne.

An

An other.

Ye must take the whytes of .ii. egges wyth rose water, and beate it well togyther: and wyth towe or flaxe: laye it to the greued place. Also ye must shaue his heed, and mylke thereon womans mylke, that nourysheth a wenche, or walshe hys heed with warme water, wherin haue bene sodden vyne leaues, sage, floures of water lilies, and roses Also it is necessary to wash his feete & legges wyth the sayde watter, so that the pacient haue no reume: for yf there be reumatike matters, ye ought nether to shaue his heed, wash his legges, nor to laye any colde thyng or moyst to hys heed. Ye maye knowe that fleume is cause of the peyne in the heed, when ye fele coldnesse with great heuynesse: specyallye in the hyndre parte: when one spytteth often, and hath hys face lyke sunne brent.

¶ Remedye.

Ye must drynke .iii. or iiii. mornynges sirupe of sticados with water of fenell

or

or sirupe of wormewodd, with a decoction of sauge and maiorym. Then ye muste pourge the head from the sayde fleume, with pillule cochie, and wyth pylles of agarici, or pillule auree made wyth one of the sayde syrupes, fyue in a dramme, and take. iiii. or. v. at nyghte to bedwardes, or about mydnight. Or in stede of those pylles ye maye take a potion i the morninge. v. houres afore meat, made of halfe an ounce of diacartami dissolued in. ii. or. iii. ounces of bestonye. After that ye ought to comforte the heed, by wering of a coyfe, made of double lynnen cloth, and sowed lyke a cotten quylte, wherin ye must put flowres of camomyl, maiorim, cloues, nutmygges, maces, graynes of Paradyse and cynamome in pouder, for suche thinges digest the fleume, so that a purgation be gyuen of the sayde pylles, or of pylles assagareth or pylles of hiera picra, which are not so laxatyue as the other are,

After the sayde purgation, ye muste

put

put in the nose of the pacient, pouder of pellitorie of Spayne or other, to make him to nese. Allso it is good to gargarise his mouth, with water whe rein sage hath ben sodden, and then to annoynte his heed with oyle of lilyes, camomil or of rue.

Beside this, it is good to gyue the pa ciēte euerye mornynge to drynke, sage wyne wͤ water, to consume ẏ fleume and to comfort the brayne and the si- nowes. The sayd wyne is thus made:

Put a lytle bagge ful of good sage brused in a quart of newe wyne, ⁊ let it stande so a nyghte, then wringe it out, ⁊ vse it. Suche wyne of sage the inhabiters of Paryse ⁊ Fraunce vse to drynke after harueste al the wynter longe.

When peyne of the head procedeth of melancholie, the paciēt feleth heuines of the heed, ⁊ hath terrible dreames, wͤ great care ⁊ thought, or feare, and hys peyne is specyally vpon the lefte syde.

¶ Remedye.

Take

Take sirupe of borage, hartes tongue or fumytorye, with water of buglosse: and hartestonge, or with the decoction of sage or tyme, for by these sirupes ye shall digest and correct the sayd melancholyke humours, and within a whyle the peyne wyll be released. And yf it ceasse not for these medicines, after ye haue vsed .ii. or iii. dayes one of ẏ sayd sirupes, or two or thre of thē togither take a dramme of pylles, halfe auree: and halfe sine quibus, or elles halfe of hiera, and alfe of pilles of fumitorie, or in stede of pylles, ye maye take in the mornyng fyue houres afore meate .iii. drammes and an halfe of diasene, tempered in water of borage or hoppes, or in the decoction of sage, lisorice, greate reysins, and cordial floures ⁊ frutes Heed ache cōmeth of wynde or vētositie, whē the pacient thynketh that he heareth sounde or noyse in his heed, ⁊ the peyne is flytteryng from on place to an other, wythout heuynesse or descendyng humours

Re-

¶ Remedye.

Lay vnto his heed hote lynen clothes and make abagge of Gromell seedes, & baye salte dryed togyther in a panne: so procede wyth stronger thynges, yf nede require, as is bagges made of ma iorym, rosemarye, rue, barberies, & iuniper beries, laide to ỹ payned place or with the decoction of the forsayde thynges, make fomentation or embro cation vpon his heed.

¶ An other remedye.

Ye must take oyle of Camomyll, oyle of Dyll or Lylies, & annoynte the hed wyth one of them, or wyth .ii. or .iii. or all togyther. Yf that helpe not, take oyle of Rue, Spike, & of Castor, & a noynt it therwyth: and adde therto a lytle Penner, and mustard seede, yf ye wolde haue it sore chafed or hette. Also it is good to drawe vp by the nose, wa ter of Honye, ỹ iuyce of Maiorim, & of Fenel, aromatised with & Nutmyg ge & lignum aloes.

Rasis a great practicioner amonge phisicions

philitions sayth, ꝓ whosoeuer ofte
tymes putteth into hys nose the iuyc
of maiorim, shall neuer be diseased in
hced. I thynke he meaneth of the grea
maiorym.

Yff peyne of the hced come of heate o
the sunne, ye muste applye to the place
diseased, as it is sayde in the remedye
of cholere.

But yf the sayde payne procede o
coldenesse of the ayre, then vse as it i
sayde afore in the remedyes of fleume.

HEre folowcth a regiment a-
gaynst all diseases of the heed

THe patient that is diseased i
hed, whether it be of bloode, o
of cholere, may not drike wyn
nor eat mochflesh whit meata
nor thynges that gyue any great nou
rysshement. But must be contented
drinke ptisane, barly water, or iulep o
roses, & to eate rosted apples, damash
prunes, almon mylke, hulled barly
and pottage made with lettuce, lorc
pure

purcelane, in brothe of peason, or with a chycken, or veale, yf the patyente be feble.

When payne procedeth of a colde humour, the patiēt oughte to drynke no wyne in thre of the fyrst dayes, but to drynke onely penyale, or suche smalle drynke, for although the wyne be very comfortable, as cōcernyng naturall heate, yet it is contrarye and hurteful vnto the spirites animal of the braine, and also of the sinnowes.

And the patiēte oughte what payne soeuer it be of the head, to forbeare all vaporous meates, as garlike, onions, lekes, pease, beanes, nuttes, mylkemeates, spyces, mustarde, great colcwoorts, salt meates, and meates of yll dygestion. Also he muste abstayne from supper of the daye, and after supper by the space of two houres.

A tranayle of the mynde is very cōtrary, bycause of the cōmotiō that happeneth vnto ỹ lyuely spirites, which are instrumētes of vnderstāding, as Auice

that

that noble phisicion sayeth, ī the chapiter de soda temporali. Nihil est adeo conueniēs sode temporali, sicut tranquillitas ⁊ dimissio totius quod commouet sicut sūt fortes cogitatiōes. ⁊c. There is nothyng that is so cōueniēt for the meygrym, as tranquillitie and rest, and let al thinges passe that moue the vertue animal, as great musynges and all laboure of the spyrites. And chefely one ought after dinner to kepe hym from all thynges that trouble the memorye, as studyinge, readynge, wrytyng, and other lyke.

And for the better vnderstandyng of the sycknesse chauncyng in the heed, ye shall knowe, that somtyme it chaunceth bicause of other diseased mēbres as of the stomacke, or of the mother of the reines, of the liuer, or of the splen and not of any cause in the heed it self. Therfore ye ought to cure soche sycknesse by helpyng of the same mēbres as it shalbe shewed ī the chapiters folowynge.

And ye maye knowe, that the heade ache cõmeth of diſeaſes of ỹ ſtomake, when the paciẽt hath greate payne at the ſtomake. Of the mother, when the woman feleth greate payne in her belly. Of the reynes when their is a great payne in the backe. Of the ſpleene, whẽ he feleth payne & heuyneſſe therabout, vnder the lyft ſyde. Of the lyuer, whẽ the payne is in the ryght ſyde, aboute the lyuer which is beneth the rybbes.

¶ Remedies appropriate to the head of what cauſe ſoeuer the payne be.

TAke an handfull of Betony, an handfull of Camomylle, and a handful of veruayne leaues picked, ſtampe them and ſeeth them in blache worte, or in ale for lake of it, and in the latter ende of the ſeethynge, put to it a litle Lompn brayed, the pouder of a hartes horne, & the yolkes of two egges, and ſafrõ a lytle, ſtirre thẽ wel about and lye a playſter hote ouer all hys forehead and temples. This is an excellent remedye alſo for the mey-

gryme. It shall perce the better yf ye adde a lytle vinegre.

¶ Another.

Make a plaister of bean floure lineseed & oyle of Camomylle, or in lacke of it goose grece or duckes grece, and rubbe the place with Aqua vite, and after lay the playster hote vpon it.

¶ An other.

Take a sponeful of mustardeseed & another of Bay buryes, make them in pouder and stampe them with a handful of earthe wormes, splitte and skraped from their earth, and a litle oyle of Roses, or of Camomyll, or capons grece and lay it on the grefe.

Also it is good to take ẏ iuce of Iuie leaues mixte wyth oyle, and vinegre, & to rubbe therwyth your temples, and your nosethrilles.

Also the Chestwormes that are foūd betwene the barkes of trees, which wyl turne them selues togyther lyke a beade when they be touched yf they be taken & sodden in oyle it maketh a sin-

gul-

guler oyntment for the meygryme.

¶ The seconde chapter, how to cure diseases chauncyng in the face.

FYrst as touchynge a disease called Gutta rosacea, or copperface in englysh, it is an excessyue rednes about ẏ nose, or other places of the face, commynge of brent humours, or of salte phlegme, whych can not be holpen, yf it be rooted and olde.

¶ Remedye for the same yf it be curable.

YE must giue him a purgacion, as is said ī ẏ payne of ẏ head, commyng of cholere, thē dyppe lynnē clothes in alume water, whyche shal be made thus. Take a poūde of alumeglasse, ẏ iuce of purcelane, of plātayne, ⁊ vergiouce of grape or crabbes, of eche a pint ⁊ a halfe with ẏ whytes of .xx. egges ⁊ beate thē well togyther with ẏ said iuce, thē mixte al togyther and distylle it in a cōmune stillatorie, ⁊ kepe the water for to vse agaynste all

pymples, scurfes, wheales, chafinges, and heates that chaũce in the skynne. The clothes dipt as is afore said, must be layed to the rednesse, and oftētymes renewed wyth other fresh cloutes dypped in the same.

¶ Another remedy.

Take lytarge of syluer, and brymstone, of eche lyke muche, and seeth thē in rose water and vinegre, & then with a lynnen cloute wette in the said vinegre, lay it to the sore.

¶ Remedye to pallifye the coppred face that is vncurable.

MAke a bath wyth the floures of camomyll, violettes: roses, and floures of water lylyes, thē annoynt the place with vnguentum album cāphoratum, and mixt that ointment wyth a lytle yelowe brymstone, and quycksyluer kylled wyth fastyng spytle, and annoynt the place wythal.

¶ A water for the same.

A water called lac virginis, is very good, & rosewater mixt with sulphur,

oyle

oyle of tartare, and oyle of wheate. Also these thinges are good for tetters, & other ruggednesse of the skynne. The sayd lac virginis clarifyeth the face, & dryeth vp moyste pympies, and taketh awaye freckels of the vysage, & is thus made. Take. iii. oũces of litarge of syluer fine poudred, halfe a pinte of good whyte vinegre, mixt them togyther, & distylle them by a fyltre, or throughe a lytle bagge or by a pece of cloth. Then take of the same water, and myngle it wyth water of salte, made wyth one ounce of salte poudred, & halfe a poũd of rayne water, or wel water, and mingle these waters togyther, and it wyll be whyte lyke mylke, and wyth thys rubbe the corrupt place. Some adde a lytle ceruse wyth the lytarge whych is good for all rednesse of the face.

¶ Here foloweth a general diete for al copperous faces.

ABstayne from all salte thynges, spices, fried meates, and rosted meates. Also from drynking of wyne.

for it is verye euyll. Also onyons, mustarde, & garlycke, are verye nought. In stede of whiche ye must take purcelane, sorel, lettuce, hoppes, & borage, with succory or endyue, ī porrige or otherwise. Also it is necessarye to be laxatiue, & ī slepīg, to laye your head hye.

¶ For rednesse of the face that is not copperosed.

TAke a pynt of goates mylke, the cromes of one whyte lofe hote, the whyte of syxe egges, canfere two drāmes, and the iuyce of syxe cytrons, mixte all these togyther wyth the sayd mylke, then take all the thre kindes of plantayne, and put them in the stylle vnder the sayde drugges, and after it an other bedde of the same. iii. sortes of plantayne, and distylle them wyth an easy fyre as ye wolde distylle rose water, and kepe it in a glasse vessel. And after. xv. daies take a white lynnen cloth, and dyppe in the said water and laye it to the rednesse.

¶ And other for the same.

Wat

¶ Water of lylyes stylled, wyth the bloode of an oxe, and a litle camphere, is very good.

¶ For chapped or skabbye lyppes.

¶ Annoynt them wyth vnguentū album cāphoratum, and yf there be any corrupt blood, or matter, ye must wash the place wyth water of Plantayne, wherein hath bene sodde a litle a lume afore ye put on the sayd oyntment.

¶ For the same.

¶ Vnguentum de tutia and oyle of yolkes of egges, be verye good for it. Also it is good to wash ẏ place w̄ plā tayne water, ⁊ barlye water togither.

¶ For cankers, vlcers, and Noli me tangere.

For much as Noli me tangere chaunceth often in the nose or aboute the face, begynnynge of a lytle harde and round kyrnel, or knobbe, and ful of payne, declyning towarde a pale and leady colour, ye maye iuge that disease verye peryllous, notwithstādiug it is good to an

noynt it as hereafter folowęth, and also to applye therto other remedyes, as thus.

¶ Take Unguentum album two or thre ounces, the iuce of plantayne and nightshade, of eche halfe an ounce Tutie the weyght of halfe a crowne, mingle them togyther, and make an oyntment whyche is good for ỹ same disease.

¶ For wormes in the face.

ALthough that wormes in the face maye not be had out, but wyth great difficultie: and by lõge processe, bycause of the colde humour whereof they come, neuertheles, forasmuch as oftentymes they happen vnto poore folkes, here shall be rehersed a receypte proued for the same disease, whyche is an oyntmente of a singuler operatiõ: and is thus made.

¶ Take the leaues, ỹ rootes of lekes, ỹ iuce them al togyther, and take ther of a pynt and a halfe, ỹ put it i ỹ glasse with an ounce of pouder of pellitorye

and

and a scruple of verdegrece, and stirre them all togyther, and euery day bathe the sayde wormes and wheles, wyth cotten moysted in the said iuce, & stirre it often in the glasse, thys is good also for wormes in any other mẽbres, and bleedynge in the syckenesse called in Fraunce the kynges euyl.

¶ A purgation whiche ye ought to take before the said bathynge.

¶ Take halfe a dramme of good turbyth, and a scruple of gynger, halfe an ounce of suger, & a lytle whyte wine, mixte all togyther, and drynke it in the mornynge twyse a weeke warme, and renewe it euery thre wekes.

¶ For an vlcered face through wormes.

Ye muste fyrste mundifie the deade flesshe wyth Unguentum egyptiacum, or the pouder called precipitatus, and for the perfecte curacion ye must drye it well, wherfore it is good to washe the place often with alume water, and put therein lynte, and yf there be great

moystnes

moystnes at the time of desiccation, yt must dyppe the same lynte in vnguentum apostolorũ or ceraseos, with a lytle of the oyntment ẏ foloweth, which ye maye safely applie from the begynning to the ende of the cure, for it hath vertue to clense and incarnate, wyth a gentle mundification an dryeng.

¶ A singuler oyntment for wormes that matter.

Take oyle of lyllyes, oyle of lynseed, ana. ounces. iii. oyle of roses, oyle of myrtylles, ana. ounces. ii. lytarge of golde and syluer, and redde leade, ana i. ounce, diaquilon whyte wyth gummes, iiii. oũnces, goates tallowe, hogges grece, of eche two oũces ⁊ a halfe blacke pytche, and colophonye, of eche ii. ounces, of the iuyce of hoũdestonge iiii. ounces. Seeth al togyther tyl they be blacke and the iuyce be cleane consumed then streyne it thorow a thyck canuase, and after seeth it agayne til it be excedyng blacke in colour, and then adde to it cleare turpẽtyne, iii. ounces

gũm

gūme oppoponax.ii.oūces ⁊ an halfe, white waxe as muche as shal suffice to make a plaister not ouer hard, ⁊ put ẏ turpētine ⁊ oppoponax ī, whē ye take it frō the fyer. This is an excellēt playster also both for woundes ⁊ vlcers.

For the same.

It is very good to lay vpō thē ẏ herbe called houūdstōg stāped w̄ a litle hony.

¶ Regyment or diete for the same sicknes.

¶ The paciēt in al diseases of ẏ face must endure hunger as much as is possible, and eate not muche at ones. Also he muste holde his head vpryghte, and slepe not on his knees nor elbowes, nor wyth hys face bowed downe. Also he must forbeare muche laughynge, speakynge, and great anger.

¶ For the eyes.

Hereafter foloweth diuers medicines for the eyes, whyche are the wyndowes of the mynde, for both ioye ⁊ anger, and the moost of our affectiōs, are seene ⁊ knowen openlye through them,

them, and they are ordeyned and ma
to lighten al the bodye, where vnto
ture hathe gyuen browes and eye ly
des, to defende them and kepe them
lafetye, and the better to reſiſt thig
contrary and hurtfull vnto them.

Yet notwythſtandyng, beſyde m
ny other chaũces, there happeneth ſ
tymes a debilitye in the ſyght, whic
muſt be holpen as hereafter folowe

Take fenell, verucyne, celydone, ru
eyebryght, and roſes, of cuerye one
them a lyke muche, and diſtylle the
as ye wolde diſtille roſewater, and d
a lytle therof in youre yes, bothe i t
mornynge, & when ye go to bedde.

¶ A water proued to clarifye the
dymnes of the ſyght.

¶ Take the iuyce of fenell, of celyd
nye, ruc and eyebryght, of eche. ii. ou
ces, honye an ounce and a halfe, aloe
tutye, and ſarcocolle, of eche halfe a
ounce, the galle of a capon, cheken
cocke two drammes, nutmygges, cl
ues, and ſafron, of eche a dramme,

get randy.vi.drammes,put al in a lem-
bike of glasse & distille it. And of this
water put in your eyes ones i the day
And if ye coulde gette the liuer of a he
goate,and mixt wyth the said thinges
in the distyllation,the water wyl be of
muche greater vertue, & almost with
out comparison.

¶ For the same.

Ye must vse euerye daye to eate nut-
mygges, and to take ones in a weke
A mirabolane condyte.

¶ For the same.

¶ Take a pye and burne her,& beat
her to pouder, and mingle it wyth fe-
nel water, and put it in your eyes. Al-
so water of younge pyes stylled,is ve-
rye good. Lykewise water of rotten
apples put.ii.oz.iii.droppes i the eyes
helpeth very muche.

A singuler water for diseases
in the eyes and to clari-
fye the syght.

Take the grene walnuttes, huskes
and al, from the tre wyth a scawe wal-
nut

nut leaues and distylle thereof a water to droppe wythin your eyes.

Pylles good for the syght.

The pylles sine quibus, assagareth, with trosciskes of agaryk, and pillule lucis, are excellente good to purge the brayne and comfort the syght.

For payne of the eyes.

Somtymes payne of the eyes commeth of bloud, and then the vaynes of the eyes are redde and swollen, wherfore it is conueniēt to be let bloude of the heade veyne on the syde where the payne is.

For bloodeshoten eyes.

The bloode of a stockedoue or in lacke of it an other doue or pigeō dropped a lytle in the eye and a wete cloute thereof layde vpon the same, healeth bloodshoten eyes whether it be of stroke or any other cause.

Somtime the sayd peyne cōmeth of cholere, & then the patient feleth great heate sharpe prycking, & much peyne, & commonly there appeareth no gumme

in the eyes, and yf it do, it is yelowe. Therfore ye ought to gyue hym a purgatiō purgynge cholere, as hath bene layde in the remedye of the head procedyng of the cause of cholere.

¶ For swellynge of the eyes.

Take a quynce and seeth it in water tyl it be softe, then pare it & bruse it & mixe it wt the yolke of an egge & the cromes of wheaten or white bread steped in ỹ said water & put therto a litle womans milke and two peny weyght of safron, braye them al togyther and laye it ouer the forehead and the eyes.

¶ Sometymes suche paynes chaunce byeause of fleume, and then the pacīēt feleth great heuynes in his eyes, with abundaunce of gummy matter, or water descendynge into the eyes. And in thys case, ye muste purge the fleume, as it hath bene layde in the remedye of the heade greued by the excesse of fleume.

¶ To resolue the gumme ye shal vse to washe your eyes often tymes wyth

the iuyce of houslcke otherwyse called senegrene.

¶ And some tymes the same peyne cō meth bycause of ventolitye or wynde, and then the pacient feleth suche peynes as if one beate on his care with an hammer, for which it is good to make a decoction of camomille floures, melilote, & fenel seed, in water and whyte wyne & therin wette a foure double linen cloth & the licour wel prested out, laye it often vpon the eye.

Otherwhyles there chaūceth peyne of the eyes bicause of exterior thinges as of wynde, duste, or heate of the sōne and then it is mete to laye therto womans mylke, well beaten with the whyte of an egge.

And sometyme the saide peyne commeth by percussion or strykynge, and then ye muste droppe into the eye, of ỹ bloud of a pigeons wynge, or of a partryche, whyche bloud hath lyke vertue to take awaye spottes, markes, and redues of the eyes.

For

¶ For very great payne of the eyes.

Take an ounce and a halfe of oyle of roses, the yolke of an egge, & quarter of an ounce of barly flourc, and a lytle saffron, myxe all togyther & put it betweene.ii.lynnen clothes, and laye it to the peyne.

¶ And other.

Take of crõmes of wheaten breade whyte, an ounce, and seeth it in nyght shade or mozell water, then myxe with the said bread.ii.yolkes of egges, oyle of roses, and camomil, of eche an'oũce and an halfe mucilage of linesseede an ounce, and vse it as is afozesayde.

¶ An other.

Take syxe leaues of henbane, & rost them, then beate them verye well in a mozter, and laye them to the peyne.

¶ For rednes of the eyes.

In the begynnyng of the rednes lay vpõ the eyes towe dypped in ỹ whyte of egges, but let the whites be wel beaten fyrst wyth rosewater, or with plã-

layne water.

¶ An other.

Take redde roses, and seeth them and let them be set warme to your eye This taketh away spottes of bloode, that somtyme chaunceth in the eyes.

Also it is good for all diseases of the eyes. And it is good for rednes of the eyes, that commeth by stryking or any such vyolence. If at any time ther hap pē a spotte or blemisshī ẏ eye, by a stoke ye muste laye to it by and by, towe wet in rosewater and in whytes of egges, and after that the peine be mitigate ye must lay a playstre vpon the eye, made of a rawe egge, barlye floure, and the iuyce or muscilage, of mallowes, and then yf the eye be not hurten of ẏ said bloud, ye must laye to it a plaster both dissolutiue, defensiue, and partlye appeysynge the peyne, whyche muste be made of whete floure, the iuyce of mallowes, mintes, and smalache, and the yolke of an egge.

¶ Of hardenesse that hath ben

longe

longe in the eye.

Take a scruple of aloes succotrine & melte it in water of celydony at ꝑ fyre then receyue the fume of it, and afterwarde wash the eye with fenel water.

¶ An other.

Take poudre of cumyne myxt wyth waxe lyke a playstre, and laye it vppon the eye.

¶ An other.

Take red roses, sage, rue, celedonie of eche a lyke moche, wyth a lytle salte and distil a water, and putte thereof a drop or two in your eye, euenynge and mornynge. In steade of that water, it is good to take iuyce of verueine, rue, and a lytle rosewater.

¶ For all redneſſe of the eyes.

Take the bygneſſe of a nut of white copperose, and a scruple of yeros, and poudre it, and myxte it with a glaſſeful of well water, then putte two or thre droppes in your eyes.

¶ For the same.

Water of strawburies made and put in the eye is good.

¶ A singuler poudre that dryeth and taketh awaye redneſſe of the eyes.

TAke tutie preparate an oũce, an timonie halfe an ounce, perles two drammes, red coral a dram, and an halfe, pouldre all these thynges verye fyne, & kepe them in a boxe of tynne, and vse it.

¶ For to stoppe wateryng of the eyes.

MAke a plaister of poudre of mastike, fyne frankensence, boole armoniake, and gũme dragagante, with whytes of egges myxte togyther, & layde to the foreheade & tẽples. Also it is good to set ventoses on the nape of the necke. Also it is good to make a colirie to put into the eyes, as foloweth. Take tutie preparate and the stone called lapis hematites, of eche a dramme, aloes halfe a drãme

a dr̄ame, perles and camphore, of eche a scuple, poudre them all verye fyne, and myxe them in thre oũces of water distilled of the knoppes of rooses, and therof make a collirie.

Also for to stoppe al humoures descendynge to the eyes, these thynges aforesayde are verye good myxte with rayne water, wherin olibanum or frãkensens hath bene sodden.

¶ For webbes of the eye.

IT maye be caselye holpen in yong folkes, but in aged persons it is very harde. And in the begynnynge ye must mollifye them wyth a decoction of the flowers of camomyl, melilote, and cole leaues, receyuyng the fume of the sayd decoction wythin the eyes, and then put therin a lytle poudre made wyth sugre candie, sall gemme, and egges shelles burnt, and afterwarde distil into them womans mylke wyth the decoction of fenugreke.

¶ An other singuler receat for

webbes in the eyes.

Take snayles wyth the shelles on, and wash them eyght tymes, and distil them in a cōmon styllatorye, than take hares galles, redde corall, and sugre candye, wyth the sayde water, distylle them agayne, and put euery mornyng and euening a drop in your eye.

¶ An other water.

This water is made of whyte coperose sugre candy, and rosewater, with whites of egges that are sodden hard, all streyned through a lynen cloth, and put into youre eye, after dyner and at nyght to bedwarde.

¶ Regiment for them that haue any sore eyes.

Ye must alway kepe your belly lose and abstayne from fyre, smoke, wynde dust, and ouer hote or colde ayer, & frō wepynge, and longe reading of a smal letter, from ouer lōge watchyng, ouer moche drinkynge of wyne, and eatyng late, for al these are very noysome to ẏ eyes and syght. Also all euaporatyue

thyn-

thinges, as onions leekes, garlike mu ſtarde, peaſe, and beanes, are very dañ gerous. Ye muſt kepe your feete cleane and forbeare the daye ſleape Beholde grene thynges, cleare water, preeyous ſtones, and to kepe you from long hol dyng downe youre face, ſocoureth the ſyghte verye moche, & is verye good for the eyes.

Lykewiſe vſe meates of good & quicke digeſtion as to eate fenel often, and af ter meate take coriander confytes pre= parated, and drinke not after them.

But aboue al kepe away your handes for the rubbyng of them maketh them worſe and worſe.

¶ Remedie for diſeaſes of the eares.

TAke oyle of roſes & a lytle vine= gre, & putte it into the eare, then make a bagge of camomil & mel= lilote, and laye it therevnto.

¶ For noyſe and ſoundyng of the eares.

Make pillule cochie, or fetide, by=

cause the sounde procedeth of ventosi tie, or of phlegme, and before ye take the sayde pylles, it is good to drynke thre ounces of fenell water. ii. houres before meate. iiii. or. v. dayes. After the operation of the sayde pilles, ye muste dyppe a tente in oyle of rue castor or of salte, with the iuyce of leekes often in the morynge fastynge to holde his eare ouer the warme decoction of ma-iorym, rue, wormewood, camomil, and melilote.

¶ For peyne in the eares.

Gose grece wyth a lytle honye swageth the peynes of the eares.

¶ Also the chestwormes sodden in oyle of rose vppon hote asshes in the rinde of a pomegranate, and droped in the eares.

¶ Item oyle of almondes specially of the bitter almons, hote.

¶ Item yf there be water in the eares it shall be hadde oute wyth a litle gose grese and the iuyce of onyons.

¶ Also earth wormes with goose grese.

sodeu

soden is good for payne in the eares. Item an adders hame sodden in wyne and ꝑ eare bathed in it, and a lytle therof put into the peyne is good to take awaye the greefe, and it helpeth also to the eares that are rennyngt with stinkyng matter & corruption but in that case ye muste haue boyled in the wyne a lytle myrre.

¶ Regyment.

The pacient muste eate and drynke lytle, and sweate in bathes, or whote houses, and sometymes to prouoke ne synge. He muste forbeare garlycke, onyons, leekes, pease, beanes, and nuttes, nor drynke wyne wythout water.

¶ For deafnesse.

Sometyms there chaunceth deafnes by wynde, whyche is in the eare, the whyche causeth tynklynge in the head and then one muste put a litle aloes in hote water, or in whyte wyne, and distyll into the eare. Then put a lytle euphorbium in poudre into hys nose, to make hym to nese, & auoyde almuche

humours

humours as ye can.

Some time deafenesse commeth of fleume, whych when it is olde is vncurable. But when it begynneth, it must be purged as hath ben said in the remedie of ye sounde of the eares. Thē take poudre of bay beries, and seth it ī oyle of lyllies, and put it warme into your eare, and a lytle blacke wolle to stoppe the eare wyth, that no ayer entre.

Remedye for stynkyng of the nose.

Take cloues, gynger, and calamynte, of eche a lyke, & seethe thē in whyte wyne, and therewith washe thy nose. After put in poudre of piretrū, to prouoke you to nese, & yf there be repleciō of fleume in the head, fyrst ye must purge it with pilles of cochie or of hiera picra. Also yf the cause of stinkyng come frō the stomacke, fyrst helpe the stomacke, as shall be sayde hereafter in the remedies of the stomacke.

¶ Medicines for bledyng

of the nose.

Take a dramme of boole armoniake washed, and myxte it in rosewater or plantayne water, and drynke it. Then bynde the extreme partes, as harde as ye may, and after make a tent of greke nettles, and put into his nose.

Moreouer, it is good for the pacyente to holde in his hande egremonie, with the rote and all, and drinke ỹ iuyce of knotgrasse, & without doubt ỹ blood shall staunche anon.

¶ For the same.

Set a boxyng glasse vpon his lyuer, yf the blood come from the right syde, or on the splene, if he blede on the lefte syde & laye vnto the stones a good quãtitie of towe or lynen dypped in vynegre, and for a woman laye it vpon her brestes.

¶ An other singuler medicine for to staunche blood, and it is a thynge experte of al the good practitioners.

Take

Take swynes dounge, euen as hote as ye can haue it from the swyne, and when ye haue clensed ꝑ cõgeled bloud oute of the nose wrynge it thorough a cloute and let the iuyce perce into the side from whence the bloud commeth, and by the grace of God ye shall se it stanche anone.

Moreouer it is good to bynd the fete and armes as harde as can be suffered, wyth a corde or a lace, the strõger they be bounde the better.

¶ Remedy for the tothe ache.

Payne of the te the (as Galene sayeth) amõgest other paynes that are not mortall is ꝑ most cruel and greuous of them all. It maye come dyuers wayes of a cold or hote cause. If it come of a hote cause his gomes are redde, and verye hote, wherfore it is verygood to holde i his mouthe water of camphore or to seeth a lytle camphore in vinegre, and holde it in his mouthe.

¶ An other singuler remedye that, taketh

taketh awaye al kyndes of totheache, specially yf it come of a hote cause.

Take henbane rootes, and seethe them in vynegre, and rosewater, & put the decoction in your mouthe,

Remedy for the tothache that commeth of colde causes.

For asmuche as in suche cases oftē-tymes there distilleth a boūdaunce of water īto ẏ mouth, purge it w̄ pillule cochie, and afterwardes kepe in youre mouth warme wyne, wherin hath ben sodden pellitorie, myntes, and rewe.

¶ An other remedie for the same.

Take sage pellitorye, and seth them in vinegre, and kepe it in your mouthe as hote as ye maye suffer.

¶ An other for the same.

Take pellitorye, staue sacre, and the thre kyndes of pepper of eche one part macis, galīgale, halfe parte of ẏ other make a poudre, and wyth a litle whyte wyne rubbe the teeth & then lay on ẏ foresayde pouder where the payne is.

An

¶ An other.

Take the myddle barke of an elder salte, and pepper, of eche a like muche and stampe them togither, and laye it to the sore teeth.

¶ An other remedye.

Take a lytle cotten, and dip it in oyl of spyke, thē put it on the sore tothe If the tothe be hollowe, it is good to drawe it oute, for it wyll euerye day wast what so euer ye do vnto it.

¶ To make the teeth whyte.

Take whyte marble, cuttle bone whyte coral, sal gemme, baye salt, mastike, and pilles of a citron, of eche like moch, make them in very fine pouder and rub the teeth therwith, euery mo nynge. And afterwarde wasshe your mouth with white wyne, wherin hath ben sodden a lytle cammomyl and dil

¶ For the same.

Take vinegre of squilles and dip a litle pyece of clothe in it, and rub the theeth and gummes withal. The sa vinegre fasteneth the gummes, com

forte

foyteth the rotes of the teeth, & maketh a swete breath.

¶ Another remedye to make the teeth whyte.

Distylle a water in a lembik, of two partes of sallgême, and ỹ thyrde part of alume, and rubbe the teeth wyth a lynnen cloute dypped in the same.

¶ To take away stynkyng of the mouthe.

Ye muste walshe hys mouth wyth water and vynegre, & chewe mastike a good whyle, & then washe thy mouth wyth the decoctiõ of anyse sedes, mintes, and cloues, sodden in wyne. If the stynkynge of the mouth commeth of a rottẽ tooth, the beste is to haue it drawen out.

¶ Regymẽt for tothe ache and, stynkynge of the mouthe.

Ye muste washe your mouth, before and after meat with warme water for to clense the mouthe, and to purge the humours from the gommes which descẽde out of the head. It is good every mornyng

moznyng fastig, to washe your mouth and to rubbe ꝯ teeth with a sage leke, pilles of citron, oz wyth pouder made of cloues ⁊ nutmyggcs. Ye muste foz-bere lettuce, rawe frute, al tarte metes and the chewyng of hard thynges. Also all meates of euell digestion, and vomytynge.

¶ The thyrde chapter treateth of remedyes foz diseases of the brcaste.

Yrst foz hoarcencs of the voice, that maketh a man to spcke lowe, ⁊ wyth great peine ye must auoyde al egre salte, ⁊ sharpe thiges, ⁊ sleping by daye, to moch watchig great colde muche speakyng, ⁊ to loude cryeng. Al swete thinges are very good as apples sodden with suger great raysins, fygges, almōde mylke, hulled barlye, pignolate, pēnedies, whyte pylles, sugre candye, and

and the iuyce of licorice.

¶ Remedyc for a hoarce voyce.

Take the broth of redde coleworte, and myngle wyth it. vii. or. viii. penydyes, & an ounce of syrupe of mayden heare, and gyue vnto the pacient, when he goeth to bedde.

¶ An other medicine.

Take diayris simple, & eate a lozenge of the same at mozne & also at nyght.

¶ Another remedy for hoarsenes of a long contynuaunce.

Take great raysons, fyggs, suger cinamome, and cloues, of euery one a litle. Seeth them in good wyne, of the which ye shal gyue to drynke mozning & euenyng .ii. ounces at a time, except he hath a feuer.

¶ For the same.

It is good to take mozning and euenyng, a sponefull of the syrupe of iuiubes mixte wyth arroote of liquyrice, in maner of aloc. If wyth the sayd horsenes, there descende aboundaunce of water to the mouth, it is good to make an

electuarye, of halfe diayris, and halfe diadragantum, & to vse it first & last, after perfuminge w̄ stoupes of flaxe, fumed wyth frankinsence, mastik, sandrake, and storax calamite, laide vpon the head warme

Remedye for the cough.

Take ysope, great raysins, and figges, of eche a lytle handefull, licorice one ounce, boile them in water till the third parte be wastid, then giue it him for to drynke twyse a daye, ī the morenyng two houres beforemeate, and at nyghte one houre before supper, and immedialye after, it is good to eate a lozenge of diairis, or diapenidion. If ye wyll haue it stronger put to them, ī the decoction a little coole wooztes, anyse, and fenell, wyth the sedes of nettelles, of eche. ii. drammes.

¶ An other remedie.

Take suger candye, whyte pylles di airis, & diadragagant, of euery one. i. ounce, licorice ii. drammes, make a pouder, and let hym eate therof a sponful, morenyng

mornynge and euenyng, and drynke after it three ounces of water of Isope, or of scabiouse, with sugre or without suger.

In stede of those waters, ye maye take the brothe of redde colewoortes wyth out salte.

An other remedye.

Take sirupe of liquirice, and of ysope and drynke it euen and morne, wyth a ptisane or one of ỹ same sirupes, with a sponeful of ptisane is good.

¶ An other.

Take poudre of diayris simple, and liquirice of eche a dramme weyghte, & with .iiii. ounces of suger make an electuarye, to be eaten fyrste and last, and after meate.

¶ An other

It is good to take locsanum, with a stycke of liquirice, at the coughynge, and after meate. And there is an other loc called loc depino, as good at all times as the other is. And it is good to annoint the breast mornynge and euenynge,

nynge, wyth oyle of lilies, swete almons, and maye butter wythout salte.

Here is to be noted, that commonlye ꝑ coughe ꝓceedeth of colde humours that greueth the longes, and for that cause all thynges the whyche be hote, swete, and do ꝓuoke spittel, are very good and holsome for the same, as be the thynges afore rehersed.

And sometyme it ꝓcedeth of heate, & then it is knowen by the great alteration or feuer & then ye muste forbydde ꝑ pacient drynkynge of all wynes, & to vse the thynges ꝑ hereafter foloweth.

¶ Remedye agaynst the cough commyng of a hote cause.

Take sirupe of vyolettes, and of iuiubes, and drynke therof moꝛnyng & euenyng, with a lytle ptisane sodden,

¶ For the same.

It is good to take fyste and laste, a lozenge of diadragagant, & afterwarde to drinke a dzeught of good ptisane,

¶ A good receyte agaynst the coughe.

Take the rote of Enula cãpana, hoze hounde, holihock, of eche a lyke moche ſceth them altogyther, in whyte wyne wyth a doſen of fatte fygges, and a lytle liquirice, dzynke of it a dzaught, euerye daye twyſe,

¶ Regiment oz dyet foz them that haue the cough.

Ye muſt abſtayne from vyncgre, veriuce all ſalte meates, frutes, and rawe herbes, fyſche, lymons, groſſe meates, and to muche repletion. Alſo ye maye dzinke no wyne betwene meales, and beware of daye ſlepe, and ſpecially after meate.

The wynde, the colde, and muche talkynge, are verye vnnaturall foz the cough, and ſtis all laboure aſwell of the bodye as of the mynde, and ſometyme it is good to holde your wynde a lytle, and let it go agayne.

¶ Remedyes agaynſt ſhoztnes of the wynde.

Shoztnes

Shortnes of the wind procedeth oftentymes of fleume, that is tough and clāmische, hangynge vpon ꝑ longes or stoppinge ꝑ condits of ꝑ same, beinge in the holowenes of the brest, or of catarrous humours ꝑ droppeth downe into the longes, and thereby cōmeth straitnesse in drawing of the breth, whych is called of phisitions dispnoca or asthma, & whan ꝑ pacient can not bend his necke down for drede of suffocation it is called orthopnoca. For euery one of these diseases there be very holsome medicines declared here afore.

¶ The receyte for Asthma.

Take an ounce of great raisins picked from the kernelles, two figges the meat of a date, dry isope, maydenhere, licorice, and the longes of a fore washed in wyne, water of scabiouse, of euery one a dramme, penidics. 7. ounces with sirupe of licorice let al be incorporated, & make aloc, to eat a good while after meate, wyth a sticke of lycorice.

Another

¶ An other receyte.

Take hozehounde, maydenhere, and yſope, of euery one a handful, liquiric dates kyggcs, ſeed of ſmalache, and of fencil of euery one half an ounce, boile them in a pinte of water and an halfe tyll the thyrde parte be conſumed. After gyue hym the ſayde decoction, to drinke a good draught euery mozning two houres afore meat And before it, oz incontinentlye after it, it is good to take aſmoche as a cheſnut of conſerue of colewoztes, oz a lozenge of diayſopi oz diaizis Salomonis. Alſo loc de pulmone vulpis, is excedynge good foz ỹ ſayde diſeaſe.

¶ An ointment foz ſhoztnes of bzeath

Take. ti ounces of oyle of ſwete almõdes, one of maye butter vnſalted, a lytle ſaffron, and of newe waxe, ꝛ make an oyntmente, wherewith ye ſhall annoynte the bzeſt mozne and euen.

¶ Regiment.

Conſidering ỹ ſayde diſeaſe cõmmeth of to great aboũdaunce of fleume

in the

in the longes, it isgood to obserue the thinges that are shewed in the remedyes of the cough. And to dwell in a drye place farre from water pooles, or marishes, and to slepe in amoyste chãbre, in the whiche ye muste haue a fyre of wood without smoke. The bread must be lyght and pleasaunt, for soure bread browne bread, and crustes, are to be auoyded. Also ye maye eete no peace, beanes, nuttes, chestnuttes, nor any thyng that stoppeth or engendreth wynde. Fysshe rosted vpon the gredyron maye well be suffred for they be not so euyl. Hulled barly, rysse, broth of colewoortes, and broth of an olde cocke with Isope & saffron, are speciall good meate for the longes, and so are fatte fygges raysins of alican, dates, graynes of ꝑ pyne, pignolate, and swete almondes. Great mouynges and chafynges, and sodayne labourc is verye euyll, yet moderat exercyse afore meate is good & profytable.

Rennynge, angre, and suche other pas-

sions

sions that enflame the hert, are in this case vtterly to be auoyded

¶ Remedyes for the pthisycke.

PThilis is an vlceration of the longes, by the which al the body falleth into consūption, in suche wyse that it wasteth al saue the skyn. Ye maye knowe hym that hath a pthisicke, for from day to day he waxeth euer leaner and dryer, and hys hear falleth, and hath euer a cough, and spitteth somtyme mater and bloody stringes wythall. And yf ꝑ whyche he spyt teth be put into a balyn of water it falleth to ꝑ bottome, for it is so heauye.

Galene speakyng of this dysease, sayeth it is vncurable But when he was i Rome he gaue counsayle to thē that had the pthysickes, to dwel in the mountaynes and hye places, far from waters, & watry groūdes, and so theyr lyfe shulde be prolonged but at the last they dyed of the same disease. Neuertheless it is good to release the payne, and to helpe them as much as it is possible.

sible. And the thynge that is moste hol some for the same, is to drynge euerye morynyng a draught of asses milke. iiii. houres afore meate, in the place wher- of one maye take the milke of a goote, newlye milked, and mixt them euerye tyme with a sponeful of poudre, made of sugre of roses. And it is good euery tyme to vse cõseruc of roses, pignolat diadragagantũ, and annoynt the brest before and behynd, wyth oyle of swete almondes, maye butter, and salte.

¶ An other remedy proued by a religious man.

Take two ounces of pimpernell in poudre, and therof make an electuarye wt sugre, & vse it euery morning. ii. drãmes with pimpernel water. iii. oũces. Water of snayles distilled, is proued good to them that be pthisyke, euerye morynge in drinke, & for al them that are drye & leane. ¶ An other.

Take the. iiii. colde seedes, seede of quinces, of eche. iii. drãmes and a halfe whyte poppye seed. v. drãmes, the iuce of

of liquirise, ysope, amidum, gūme arabike, and dragant, of eche a dramme and an halfe, penidies, the weyghte of them all, make a poudre, and vse euery morninge .ii. drammes, and after take two sponefulles of syrupe of iuiubes or i stede of it drinke the ptisan of waterof vngula caballina, otherwyse called horsehofe. The poudre whereof is good for the pthisike, wherewyth Haly sayth, that he heled a mōke, of the same syckneſſe.

¶ Regiment for pthisyke

Ye ought to do as hath benſayde in regimente of Asthma, and to abstayne from all spices, saue saffron. Ye muste lykwyse abstayne from all sowre thinges, sharpe thynges, & tarte nor be not hungry, nor drye: but cherysh you well with meates of ealie digestion, & good norisshmente, suche as is coleys of capons, hulled barlye, almon mylke, egges yolkes, veale, kydde, lambe, shepes fete, and small birdes liuing in wodes and bushes, creauises & fyshe of swete

runnyng water, hauing scales. Snayles in the shelles sodde wyth fenell and ysope, is very good. Ye must lyue merily, & playe at some pastyme for pleasure, wythout labouring. He oughte to abstayne from laxatiue medicines, bycause that it is sayde. Cum fluor excedit, mors intrat, vita recedit, whiche is contrarye to asthma, for therein it is good euer to be lose bellyed.

¶ For the pleurcsye.

Hereafter shalbe spoken of medicynes for diseases of the ribbes. And for playner knowlege of the same, ye shall vnderstande that sometime in the skinnes that couer the rybbes, there gathereth togyther bloud and choleryke humours, which engendre apostemes called pleurcsie, & it maye be knowen by iiii. maner of signes. Fyrst the paciēte hath a great burnyng feuer. Secondly the ribbes are so sore within, as if thei were pycked continually wt nedylles. Thyrdly, the pacient hath a shorte breathe. The. iiii. sygne is a strōg cough,

where-

wherewyth the sycke is vexed, and by these sygnes maye ye surelye knowe a ryght pleuresie, that is the skyn vnder the rybbes wythin the bodye.

But there is an other kynde of pleuresie wythout vpon the rybbes apostemed, but in that is nothyng so greatte daunger nor the sycuer is not so strōg as is the other aforerehearsed.

¶ Remedye.

The paciente oughte to be let bloud on the liuer veyne, in the cōtrary arme from ꝑ side that is diseased. After the begynnynge of the sore, tyll the thyrde daye, and after that yf the pacient be not feble, let hym bloud agayne vpō ꝑ same syde, that the sore is. Moreouer, the pacient ought to laye vpō the sore syde, euery daye an earthen bottel full of warme water, and to annoynte his rybbes with oyle of camomyl warme. And he ought to take a glyster of chyckyns brothe, mylke, cassia, oyle of violettes, and hony of roses, yf his bellye be harde. And in stede of that glister, it

is good

is good to take ā oūce of cassia, i. hou
before dinner, in alozenge, or destemp
red wyth a ptisane, or els wyth wat
of scabiouse.

¶ An other remedy.

Take of bromefloures, of scabiou
and the great thistle called cardo ben
dictus, of euery one a like portiō, m
dle them togyther, and let him euery
morninge and euening, receyue a goo
draught, and annoint the ribbes wi
oile of bromflours, and it shalbe goo

¶ An other singuler remedy.

Take. iii. ounces of water of ou
ladye thystle, one sponefull of why
wyne, and syxe inner whytes of egg
well brayed, myngle all togither, a
laye them playster wyse vppon the r
bes, as hote as ye maye suffre.

¶ An other experte.
remedye.

Take. ii. good handfulles of horsdo
two racis of gynger in pouder, & th
wrappe well the donge & the ginger
gither in a clene linen cloth, then pu
th

them in anewe potte to boyle wyth.ii. pintes of whyte wyne, vntyl ꝑ thyrd parte be consumed, & drinke a draught of the sayde drynke euery morninge, & after ye haue dronke the sayd wine couer ye as wel as is possible & sweate.

¶ Regyment for the pleuresy.

The patient ought not to drink wine nor eate flesshe, but muste be cõtent to drinke ptisane, barli water and weake drynke, & to eate barly hulled, & milke of almons clarefied, rosted apples and great raisins as longe as ꝑ feuer doth last. And for to helpe hym to spyt, it is good to vse often white pilles, diadragagantũ, suger candye, and other thinges sayde in the remedye of the cough.

¶ For diseases in the ribbes whichy is not pleuresie.

There chaunceth often tymes a disease in the rybbes, whyche they call a bunche, whych commeth of ventositie wherfore it is good to apply therto hote thinges, as a toste of bread very hot & a lytle bagge of oyles, & baye salt fryed

ed togyther, or of hony whyche is bet-
ter. Also it shall be good to put therto a
sponefull of hote asshes and herbes, of
horehounde, ruc, wormewode, marge-
rym, yslope, bayes, and camomylle.

¶ Another remedy for the same

Take the rotes of colewort & hop-
pes of eche an ounce, verueyne, mug-
worte, sage, myntes wormewood, tan-
saye, and motherworte, of eche a hande-
full, put all in a commen stylle and dy-
stylle them.

Kepe that water to drynke, euery
mornynge. ii. or. iii. ounces, whyle the
peyne doth laste.

¶ Another remedye.

Take the sayde herbes and rootes, &
beate them with whyte wyne, & streine
them thorow a linnent clothe, and gyue
vnto the patient a smalle draught. ii, or
iii. houres afore meate.

¶ The fourth Chapiter of the weakenes of the harte.

Weakenes

Wakenesse or feblenes of hart is caused when the bodye layeth his vertus vital, without anye euident cause or whē the bodye is cōsumed, and waxeth out of colour, & that the operations vitall are weake, wythout sensible hurtynge of any other mēbre, but the hart. And it may chaunce of an aposteme, for the whiche there is no maner remedy, for al apostematiō of the hart is mortall.

And debilitie of the harte may come of heate accidentall, whiche one may know when there is great heate in the breast, and vehement thirst, and is quēched better in drawing colde ayre, thē in drynkyng colde water.

¶ Remedye.

Gyue him þ hath a feble hert, & redy to faint, either for feuer or for extreme heate, the weyght of a frenche crowne of trosel silke of cāphore, with wyne of pomegranades, & laye vpon hys breast towarde the lefte syde, a scendal or lyn-

nen dypped in water of roſes & vinegre

A lectuarye.

In ſtede of theſe roſciſkes, ye maye vſe a lectuary called diamargaritō frigidū, euerye morning a lozenge. And it is good to gyue him for ꝑ ſame febleſnes conſerue roſes, violettes, & water lilies, myngled togyther, and after to dzynke water of ſozell, & to ſmel roſes, water lilies, roſe water, and vinegre.

Otherwhyles and moſt often, debilitie of harte chaunceth of a colde and dzye cauſe, and is wythout feuer, with great feare and heuyneſſe, the remedye whereof is thys.

Remedye.

Take of an electuarye called diamuſcus, oz of another called electuarium pliris, and vſe euery mornyng a lozenge, and dzynke after it a lytle good wyne, oz bugloſſe water: & annoynte the breaſte wyth oyle of ſpykenarde. Moreouer vſe ones a weke fyue houres before meate: the weight of halfe a crowne of good triacle oz mithzidatū

ſo it

so it be wel tempered in a lytle whyte wyne, wyth a few maces.

¶ For the same.

Ye muste gyue the pacient often in the houre of hys fedlenesse, cloues, cynamome, nutmygges, setuale, of the roote of colewortes, yf he hathe not ẏ phthisycke, in whyche case he must absteyne from the said thinges. And it is conueniente to gyue hym in that case, good fleshe, & potage without spices & take euery mornig, a great draught of asses or goates milke, & suger rosate.

¶ For beatyng of the harte.

It is called of the physicians cardiaca passio, or otherwyse tremor cordis, that is tremblyng of hart, & sometime it chaunceth wyth a feuer, & somtyme wythout.

¶ Remedye whan it commeth wyth a feuer.

Ye muste be let bloode of the lyuer vayne and drynke euery mornynge syrupe of pomgranades, & lymmons, the iuce of sorelle, or of one of them, wyth

water of roses, purcelane, succorye, & lozelle. Moreouer the paciēt ought to smell thynges colde and swete, as dryed roses, water lilies, violettes & vinegre of roses.

Also it is good to take an infusiō or lare of reubarbe, ordeined of som good phisition, after the whyche it shall be good, to applye vpon the lefte pappe, a lynnen cloth dypped in plātaine water, roses, lozell, and a lytle vinegre.

¶ For tremblyng of the hart wythout a feuer, a remedye.

The pacient must take .ii. drammes of the electuarye of diamargariton calidum, and the thyrde part of electuarium de gemmis, then drynke .ii. or .iii ounces of water of bugloss & bawme mixt togyther.

¶ An other remedye.

Take mastyke, lignum aloes, cloues, cynamome, nutmygges, and cubebes of eche a scruple, pylles of citrons halfe a dramme, dozonici romani, and yles, of eche .xv. graynes, basile seede,

ten

ten graynes, ambre greece, and muske of eche .ii. graynes, with conserued bugloſſe, or colcwortes and ſucket of cytrons, of eche halfe an ounce, make an electuarye wyth .iiii. ounces of ſuger diſſolued in whyte wyne, and bugloſſe water, and vſe of the ſame euery morninge .ii. drammes, and drynke a lytle good wyne after it.

¶ Another remedye.

Take water of bugloſſe, bawme, and borage, of all thre togyther a pounde, of white wyne halfe a pounde, pouder of cinamome, cloues and nutmygges, of eche two drammes, myngle them al wel togyther, and then heate it a litle, and dyppe a lynnen cloth in it, or els a ſcarlette, & laye it to the left pappe.

¶ Another remedye.

Ye muſte make a bagge of ſendalle, of the layde ſwete ſpyces, or other cordyal pouders and laye it hote vpō the lefte pappe.

¶ An other remedye.

Take pomaunders made of lapda-

num, lignum aloes, and citron pylles, maces, cloues, borage floures, storax calamite, ambre of greece, and a lytle waxe, and let the patient beare that to smell it often.

¶ An other medicyne.

The mawe of an olde cocke dryed and made in pouder is excedinge good to drynke in red wyne or swete wyne wyth a lytle safron.

¶ For the same.

It is good to drynke euerye morninge three vnces of water of bugloss, wherein hath bene sodden cloues. And it is good to drynke in a mornynge. iii. ounces of iulep, made of halfe a pound of bawme water, and. iii. ounces of suger. The confection of diatacinethi, is singuler and excellent for tremblynge of the harte, but it is for noble me not for poore folke.

¶ For swownyng.

Swowning is a takynge away of the felynge and mouyng of the body, by weakenes of the hart, thorough

eough to moch auoydans of the spi=
rites. ¶ Remedye.

In swomer for sownynge, sodenly
ye ought to cast into hys face colde
water myngled with rosewater or vi=
negre. And yf ye stoppe hys mouth,
and nose and bowe hys face vnto hys
knees so lõge as ye stoppe your winde
your selfe ye shall forthwyth recouer
hym. But yf the sayde swownynge
come of the mother, ye muste laye to
the nose al stynkynge thynges, and ab
hominable sauours, as partriches fe=
thers brente, castor, and assafetida, or
the snuffes of candelles. Moreouer ye
ought to gyue the pacient a litle good
wyne, which is the chefe thynge that
quyckelyest restoreth hym, as sayth
Auerrois in hys seuenth colliget. Af=
terwarde rubbe his armes and leggs,
and bynde them harde then prouoke
hym to nese, puttynge a lytle pouder
of longe pepper, euphorbium, or
castor into hys nose. And yf by the
sayde medicines the pacient doth not

amende, this diſeaſe is vncurable.

And here ye may note, that yf ſwowning come by great reſolution of ſpirites, as after great euacuation, other by ſwette, fluxe of bloud, or laxe, ye ought not to caſt cold water on his face, nor to bynd his mẽbres, for ꝑ ſhuld do him hurt, but kepe hym in a place wythout mouynge, & gyue hym to drynk a lytle good wyne, & nouriſhe him with good light meates, as pullettes, chickyns, capons, partriches, veale, muttõ, & kyd. Where of ye may make him good potage, ſoleyſes, or reſtoratyues, diſtilled or otherwiſe as ye ſhal thinke cõueniẽt.

¶ The. v. Chapter, of remedyes for diſeales of the ſtomake.

THe cheſte of ꝑ bodye doth receyue ꝑ meate neceſſarye for al the mẽbres in the ſtomake whiche is ſituate i the myddes of the bodye for to digeſt the ſame meate into al the mẽbres, to the which chaũceth debilitie, or hyndrang of appetite, ſome times by errour of ꝑ cater in qua-

in qualitie or quātitie, & somtymes by reason of the fleume that descendeth from the head lyke a reume.

¶ Remedye.

Kepe abstinence, and eate soberlye lyght meates, and drynke good wyne, and but litle. Purge the stomake, ī takynge pylles of symple hiera before meate. iii. or foure of the sayd pilles at foure of the clocke in the mornyng. If the repletion be greate, slepynge in the nyght he muste laye hys hande on hys stomake, or els laye a lytle pyllowe of fethers on it, or a bagge of wormwood & margerym. Sometymes there chaunceth suche debilitie, not for reume, or meate or drīke, but by viscouse and slymy fleume, ī the mouth of the stomake whiche causeth to engēdre aboūdaūce of ventolitie, and maketh the meate to swymme wyth lytle thyrst. And somtymes with sour belchinges: and inflations, suche debilitie maye not perfitely be cured, but for a tyme mēded, with the remedyes that folowe.

¶ Remedyes for weakenesse of the stomake.

Fyrst ye must take pillule stomatice ii. or. iii. houres afore meat more or lesse accordynge to ẏ quantitie of the fulnesse of the stomake, ⁊ after giue hi euery mornyng. ii houres afore meate, and one houre after supper, at euerye tyme a lozenge of a lectuary called diagalāga, or an other called diaciminō whyche lectuaryes do consume ventosities, ⁊ wyth theyr comfortable heate, dryue awaye the colde and the wyndye complexion of the stomacke.

¶ For the same.

Grene gynger is verye good taken as is sayd afore of electuaryes. And it is holsome to eate afore your meate, anyse seedes ⁊ fenell, ⁊ whē ye begyn to eate, take a tost dipped in soddē wine, or good maluesey wythout drynkynge of the same wyne, except it be a very litle after meate.

¶ Another.

Take mastyke and lapdanū, of euerye

eye one an ounce, myntes, and wormewood poudred, of eche a drammie, turbentyne as moche as shall nede to encorporate them togither, make a playster and spredc it vpon lether, and laye it to the stomake. In stede of the sayde plaister, it is good to annoynte the stomake with oyle of spikenarde, and mastyke, or to laye on it hoote bread steped in good wyne, on the which bread strowe pouder of cloues & nutmygges.

Sometymes suche debilitie of stomake cōmeth of hote causes, & thē it is knowen by the litle appetite to meate, and great thyrste, and head ache before meate, and after it, cōmeth stynkynge belchyng, wherof sometyme solowcth vomytyng, and is holpē on this wise.

¶ Remedye.

If in suche debilitie if there be great quantitie of spyttle, and muche desyre to vomyte, it is good to take. x. drammes of hiera picra, wyth the decoction of cycers, or with two or thre oūces of watcr of wormewood, and after your meate

meate vse coziander seed prepared, and beware ye drynke not thereafter, noz slepe in the day tyme.

¶ To the same.

Mirabolanes condite are very good foz the same purpose, to begyuen ones in the weke, at four of the clocke ī the mozning, halfe an ounce, oz a hole oūce euery tyme, and take awaye the stone that is within. If in the sayd debilitie of stomake of hoote cause, there be not aboūdaunce of spyttle, but drynesse of mouth, with thyrst & vomytyng, stynkyng & sumysche, it is good to take euery mozny nge syrupe of sozel, syrupe of roses, oz sirupe of quices, with endiue and succozrye water, oz water sodden and cooled againe, and hē drynke hiera picra, as afoze is said, oz take a purgation as is declared in the payne of the head, commīge of cholere. It is to be noted, that foz suche debilitie of the stomake, ye may not weare any cerote playster, noz bagge, wherin is hote medicines lest ye shulde augmēt the cause

but

but it is conuenient to annoynt the stomake wyth colde oyles, as be oyles of roses, and quinces, and yf ye wyll haue a playster, make it of redde roses and saunders.

¶ For abhorryng of meate.

Sometyme there chaunceth in the stomake, a disease called fastidium, or abhorrynge of meate whereby the person against his will, taketh in hate and abhominacion all maner of meates, that is offered vnto hī, lykewyse as a hole man taketh pleasure and delyte in his meate. The cause of this disease, is repleciō of cholericke humours, or phlegmatike, grosse and viscouse, which are in the stomake: the patiēt hath great thyrste, a dyre tonge, the mouth bytter, & sometime doth vomyt yelow cholere.

¶ Remedye.

Ye muste purge the cholere as hath bene sayde afore, and yf the veynes be greate and ful of bloud, ye ought to let him bloud on the right arme, & on that veyns

deyne whiche appeareth moost, and to quycken ꝑ appetite it is good to gyue him to eate or drinke, such as the pacient demaūdeth, although it be not alwayes of the best. And also it is good to gyue him ꝑ iuce of pomegranades.

¶ For belchynge.

BElchyng is a vētolitie inflatiue expulsed out of the stomake to the mouth, and commeth by feblenes, and litle heat of the stomake, which engendreth wynde, wherfore it signifieth a colde complexion, whiche is cause of suche ventolitie after meate. And for this disease ye shall do as foloweth.

¶ Remedye for wyndynesse of the stomake.

Abstayne from all frutes, and rawe herbes, pease, beanes, garlike, onyons, leekes, chesnutes, course meates, great repast, and slepe on the daye. Ye ought to take fastynge, cōfytes made of aneys, fenell, cummyne, and carrewaye seedes, or els pouder of the sayde thynges mixte wyth suger. Also it is good

good to take ī a morninge two houres before meate, a lozenge of aromaticum rosatū, ⁊ yf ye haue an akyng stomake and colde, it is good to take euery mornyng a lozēge of dianisi, or diacminū or some other cōfortable lozenge, ⁊ to drike after it a sponeful of good wine

¶ An other remedye.

Ye may take a lytle galingale, with a litle wine, or pouder of cumyne with some good wyne.

¶ An other remedye.

Drynke euery mornyng fastyng, two oūces of wyne wherin hath bene sodden baye beries, anyse, ⁊ carreway seedes, of eche a lytle. And yf ye put to it a litle pure frankensence, it wolde be the better. And wythout, it is good to laye a bagge full of camomyll floures, rue, wormewoode, ⁊ maiorym made in pouder, or for to annoynte the stomake with oyle of wormewoode, rue, spyknard, or bayes,

Somtymes suche belchyng and vētositie cōmeth before meate, and it is

caused

cauſed of fleume viſcouſe, or watriſhe, that is in the ſtomake.

¶ Remedye.

Ye muſt purge the fleume with pilulæ cochie, or electuarium of diacartami, as hath ben layd in the remedye of peine of the heed cauſed of fleume. And ere ye gyue the purgatiõ, ye ought. iii. or. iiii. moꝛnynges two houres afoꝛe meate, to take two lytle ſponefulles of ſyꝛupe of woꝛmewood, or of myntes.

After the whyche purgation, it is good to annoynt ꝑ ſtomake wᵗ oyle of maſtike, nardine, woꝛmewood or lilies and foꝛ to weare vpõ the ſtomake a cerote being made lyke a playſter, whych ye maye bye at the Apotecaris, called cerotum Galeni, or a gagge made of maioꝛim, and camomyl floures, & take euery moꝛnyng a lozenge of the electuary abouenamed, or of diagalanga.

Item ye ſhal note, that yf the perſon can not take a purgatiõ, to auoyde ſuffyciently the fulneſſe of the ſtomake, which hyndꝛeth the digeſtion of meate

he muſt

he must take a glyster, and afterward pilles of elephangine, or of hiera simplicis, before dynner or supper. Moreouer, yf before dynner ye fele an heuynesse in the stomeke, ye oughte to take one of the sayde pylles: halfe an houre before meate.

¶ For the hycket.

Hycket or yeaskyng, is an euyll mouyng of the vertue expulsiue of the stomake prouoked by the vertue sensible, to expulse that that doeth anoye. The sayd hicket doth somtimes happen by reason of emptynesse, by debilitie of ỹ stomake after long sykenesse, or by flux of blud or lax, eoz by some other strãge euacuation, which is very perylous & oftẽtimes mortal. Therfore it is good o gyue restoratiues to the patient, & to giue him softe egges, almon mylke, hulled barly, cullyes of capons, or other thynges of good norysshment, and of ealye digestion.

Also ye ought to stoppe the lax, & to make ỹ patient to slepe longe, and an

noynte the stomake with oyle of swete almons. Sometimes hicket procedeth of repletiō of matter humorous, or of drīke and meate which engēdre grosse ventositie, & not very easy to cōsume Yf ẏ stomake be ouercharged w̄ meateskepe a long abstinēce til digestiō be done, or els vomit and annoint thy stomake with oyle of dyll, mastik, wormewood & castor. If humours cōtened in the stomake be cause of the said hicket take ā ounce of hierapicra w̄ water of wormwood or els pilles āte cibū. iii or 4. houres before meat, & eueri morning folowing ẏ operatiō of ẏ said hierapicra, take a lozēge of dianisi or diacimi num, or els a fewe anys seedes & carawayes

¶ Regyment for all maner hyckette.

It is good to kepe long and often his breath, to neese, to trauayle moche, to endure greate thyrst, and also to sleape long: And it is good to caste colde water in the face of him that hath the hickette, and to threaten him, and so put

hym

hym in feare, & to angre hym, or els to prouoke him to heupnes, for by these thynges the naturall heate is reuoked and fortifyed within, and causeth the hycket to cease.

¶ For vomiting.

Vomytyng commeth somtymes wt out great vyolence, & therby one getteth health, wherfore ye nede not gyue him any remedie, for it is a good actiō of the naturall vertue of the stomake. Sometyme vomytynge commeth by a great violent mouyng of the vertue ex pulsyue of the stomacke, for the euyll thynges conteyned in the same.

¶ Remedye.

One maye well helpe a man to vomyte, gyuing hym warme water with a lytle oyle to dryuke, or els to put the fynger in his mouth very lowe, or a fether wette in oile, the better to vomite and mimdifye the stomake, yf so be the persone haue a wyde throte, and that vomiting do not hurte hym moche, as be they that haue but smal and strayte

thyrotes, and longe neckes and leane, & he that hath an euyl syght, for al these it is euyll to vomyte,

Sometymes vometyng commeth by weakenesse of ꝑ stomacke, caused of a hote and cuil complexion, ye shal heale it after this maner.

¶ Remedye.

Take sirupe of roses, quynces, myrtylles, wyth water sodden, and colde againe, or elles water of purcelane for to refresshe and quenche the thyrst ꝑ chaunceth commonlye in suche a case, And it is good to annoynt ꝑ stomake before dynner & supper, wyth an oyntment made of oyle of roses, and quinces, wyth iuyce of myntes, and a lytle waxe, or els to make a playstre of myntes, roses: wormewood, & olle of roses and laye it to the stomake.

¶ An other.

Take frankensence, mastike, of eche halfe an ounce made ī pouder, and mēgle them togyther, with the whyte of an egge, and a lytle barlye flourre, then

spede it on a lytle towe, and laye it to the mouth of the stomake. At ꝑ latter ende of diner, it is good to take a mos sell of marmalade wythout drynke.

Somtyme vometinge procedeth of euyll & colde complexion of ꝑ stomake

¶ Remedye.

Anoynt the stomake with oyle of spik narde and mastike, ozels make on oint ment of the sayde oyles, wyth a lytle mastyke, coral, and waxe, and anoynt the stomake mozning and euenynge.

¶ An other medicine.

Make a bagge of wozmewood, ma- iozym, and dryc myntes, of eche a litle handfull, cloues, galingale, & nutmyg- ges, of eche halfe a dramme, the sayde thynges pouꝛed, and put betwyxt. ii. linen clothes with cotten enterbasted and applied vpon the stomacke, are of wonderfull operation. In sted of this ye maye take the sayd herbes dried on an hote tilestone, and put them in two lynnen cloutes vpon the stomake.

¶ An other maner.

Ye maye take a toste of breed & stepe it in the iuce of myntes, and cast vpō it pouder of mastyke, then laye it vpō the stomacke, and from thre houres to thre houres let it be renewed.

¶ Otherwyse.

Take two handfulles of mintes, and a handfull of roses sodde in wyne, thā take two ounces of tosted breed, and moyste it in wyne, and incorporate it with pouder of mastike, and the sayde roses & myntes, and make a playster, whereof one parte must be layed to ỹ stomake when the patient wolde eate anye meate. The sayde playster is also good in all hote causes, yf for the saide wyne, ye seeth the myntes and roses. and stepe the toste in vinegre.

¶ To comfort the stomake after vomytynge.

It is good to gyue vnto the pacient euerye mornyng an ounce of sirupe of wormewood, or myntes, in steade of which it is cōuenient to take a lozēge of aromaticū rosatum, or diagalāga.

¶ For the same.

Take euenynge and morynyng.iii. houres before meate.ii.cloues in pouder, wyth a sponckull of the iuce of mintes or halfe a sponefull of rue, dryed wyth a lytle wyne.

Also it is good to take poudre of cloues and lignum aloes the weyght of a crowne, wyth wyne.ii.houres before meate.

¶ A glystre for the same.

And here ye muste note, that in all vomytyng, yf the patient be harde bellyed, it is good to take a lēttiue glistre made of the decoction of marche mallowes, mallowes, violettes, and barly with oyle of violettes, honie of roses, and a litle cassia. And yf the vomyting come of coldnes of ỹ stomake, or of cold water cōteyned i it, adde vnto the said glyster, wormwood, yslope, rue, and cammomylle in the sethynge. And for oyle of violettes, take oyle of camomil or of lylyes, and gyue the patient a pȳ of mastyke before meate. And ye shall

vnderstande, that myntes brayed, and myngled wyth oyle of roses, and applyed vpon the stomake, is verie good for all vomiting.

¶ For peyne of the stomake.

Ache or peyne of the stomake commeth somtimes of wynde, and it is called dolour extensyue, the which is holpen with applyig therto a sponge wet in wyne, wherei hath ben sodde wormwood, rue and camomyll.

Also ye may helpe it as hath ben sayd in the remedy of hycket or yeaskynge, and as shalbe sayd hereafter in the remedy for all peynes of the stomake.

Sometymes the sayde payne commeth of repletiō of humours, and it is called dolor aggrauatiuus. Whyche ought to be cured by purgation, in gyuing of cassia newly drawenout, hiera picra, or pylles stomaticas, or of hiera simple, takyng some syrupe before the purgation, as is shewed in the remedy of debilitie of stomake.

Somtymes payne of the stomake cō-

meth

meth of cholere, or salte fleume verye sharpe, and ẏ patient hath bytter tast or salt with great thirst, and he fealeth heate and mordicatiõ. Wherfore it is good to drynke sirupe of roses, or occi saccarũ simple wͭ soddẽ water ⁊ coled.

In stede wherof ye may take endiue water, succorye and purcelane, wyth one parte of wormewood water, and then take an euacuatyue that purgeth cholere, as is sayd in the remedyes for peyne of the head comming of cholere, or let the patient vomite, in gyuinge a sharpe syrupe of sorelle, wyth warme water, thã put his finger in his moth so that he may vomyt.

Sycke folkes oftẽ diseased in the sto make, demaunde nothinge elles, but to take awaye the payne, not regardyng the tyme whyle the matter may be purged by vomiting, glister or other laxes

Also there chaunceth sometyme so great paine and sharpe, that for debilytie of vertu it is good to leaue ẏ cause and stycke to the swaging of ẏ payne

wherfore it behoueth to procede in ma
ner folowyng.

¶ Remedye for all paynes of the stomake.

Take camomil, mellilote, wormwood, mallowes wt theyr roots, leaues of bayes, parietary and peyryalle, of eche a handefull, lineseed a pound, fenugrecke halfe a pounde, anees, and fenell seed, of eche halfe an ounce.

The sayde thynges bruised and well sodden in water, wet therin sponges, and the lycour well pressed out, and applied vnto the stomake, one after another, and warmyng them againe, whē they begynne to cole, swagi all maner paynes of ꝑ stomake. And afterward ye must anoynt the stomake with oyle of dylle and camomylle.

¶ An other remedye.

Take an hogges bladder, and fyll it of ꝑ sayd decoction, and lappe in a linnen cloth, and laye it to the stomake and warme it againe when it is colde.

But

But after ye haue made dyuerse suche applications, ye must annointe the stomake with the oyle aforesayde.

Yf the payne be remouyng frō place to place, it signifyeth: it commeth of ventolitie. Therfore laye vnto it a bagfull of meale, salte, and commin dryed togyther.

¶ An other remedye.

Take a sponefull of hote asshes, dewe them wyth good wyne, and couer them with a linnen cloth, þ it goe rounde about þ spoone, and laye it to the stomake.

¶ An other remedye.

Take a sheue of breed metely thycke toste it, and wete it in hote oyle of camomyll, as hote as it cōmeth from the ouen, or in oyle of spyke, and wrappe it in a lynen, & laye it vppon þ payne.

¶ An other remedye.

Put a greate boryngc glasse vpon the naupll, and let it be there .i. houre.

¶ An other remedye for payne of the stomake.

Take

Take two drammes of diaciminon, of dianisi, of diagalanga, & drynke it with a lytle good wyne, an houre or. ii before meate. To drīke two ounces of malueseye, wt a litle of one of ẏ sayde electuaries, is very good for such paynes as ꝓcede of coldnesse or ventositie

¶ An other remedye.

Take, a dramme of galingale ī pouder and gyue it to drynke with a lytle hote wyne, and aboue all thynges for paine of ventositie, a singuler remedye is to drynke a lytle Castor, wyth good wine

¶ An other.

Lyke wyse to drynke two houres before meate thre or foure ounces of the decoction of myntes, anneys seedes, comyne and fyne frankensence,

Also it is good to drynke an electuarie called aromaticū, wherof ye may receyue one lozenge euerye mornynge fastynge.

¶ An other specyall medicyne.

Take halfe an ounce of iuce of mintes,

tes, & two drāmes of ẏ iuice of worm wood, lignū aloes, & cloues & xilo balsamū, of eche ī poudre halfe a scruple, all myxt togyther, & dronke warme .ii. or thre houres before meate, are excedyng profytable.

¶ The syxt Chapter, of remedyes for diseases.

of the lyuer.

The lyuer is one of ẏ principal membres & chefe instrumente of generacion of blood and of other mēbres it lyeth on the ryght syde vnder the short rybbes, ẏ whyche is ordeined to digest the meate the secōde tyme, and thereof to make humours that nourysheth all ẏ membres of mānes body, by his naturall heate cōforted by heat of the hert. But somtymes it is greued by blood into moche aboū daūce, or by cholerik humours, which cause to greate heate, or els by fleume

that

that doth diminysh the same.

¶ A remidye for an hote lyuer.

Yf the lyuer be to hote, bycause of to moch blood, the person hath red vrine hasty pulse, his veines great & full, and he feleth his spattle, mouth and tonge sweter then it was wont to be, wherfore it is good to be let blood of ye liuer veine on the ryght arme, and to vse lettuse, sorelle, purcelane, and hoppes, in pottage, and sometymes to drynke of the waters of the sayde herbes fasting or els endiue water to refresshe ye liuer.

¶ Regiment for disease of the liuer comminge of blood.

YE muste abstaine from drinkynge wine, and eatynge of flesh, and yeat meate or drinkye must otherwise, the wine ought to be watred, and the fleshe boiled wyth lettuse and sorel. It is better to drinke ptysan, or stale cydre, & eate brothe of peason, almon mylke, hulled barlye, or rosted apples, and damasken prunes, whyles the heate be diminysshed

ched. And ye ought euerye daye to pro-
noke the dutye of the wombe, eyther
by meanes of suppositorie, or els other
wyse.

Yf the lyuer be ouer hote by cholers
the pacient hathe hys vryne cleare and
yelowe, without measure, great thyrst
without appetyte, & feleth greate burn-
yng in hys bodye, and cõmonly hath
his bellye bounde, and hathe the face
yelowe.

This disease of the liuer chaunceth
moost in somer, & for it ye must take
twyse a daye an ounce of syrupe of en-
dyue, or violettes, w̃ a good draught
of ptisane, drinke it two or thre hou-
res before meate, and also at nyght to
bedwarde, and so contynue thre or
foure dayes

In stede of the sayd syrupes ye may
take thre oũces of ptisane, or thre oũ-
ces of water of endyue, cicorye and so-
rell meddled togyther, for eche tyme.
Then the fyfth daye in the morynge
early, it is good to drynke a purgacio

that pourgeth cholere, whiche shall be made as folowyth.

¶ An excellent purgation for to auoyde cholere, and maye be gyuen to men of all ages.

TAke halfe an oūce of cassia newly drawen, a drāme of good reubarbe infused a nyght in water of endiue with a lytle spikenard and an ounce of syrupe of violettes, mixe all the sayde thynges with thre ounces of ptisane or whaye, & drinke it warme as afore is sayd in the other.

¶ Boles for the same.

In stede of the said medicine (which is to costlye for poore folkes) ye maye make boles of halfe an ounce of cassia, and thre drammes of electuarium de succorosarum, and eate them thre houres after mydnyght, and slepe after it, but al the daye ye must kepe ꝑ chāber, & yf ye had rather drynke it thā eate it, mixe the said boles wᵗ whay, or endiue water, & drynke it at v. of the clocke in the morynynge, but scape not after it.

Other

Other medicines laxatyue.

Take halfe an ounce of diapzunis laxatyue, myxte with .iii. ounces of decoction of frenche pzunes, water of fuecozie, and dzinke it warme at fyue of ꝑ clocke in the mozning, oz els fyxe houres afoze meate. In ſtead of the ſayde diapzunis, ye maye take halfe an oũce of electuarium de ſucco roſarum, and make a laxe as afoze is ſayde.

And it is to be noted, yt the pacyent be very weake oz eaſye to wozke vpõ, ye maye take away a dzãme both of the diapzunis ⁊ alſo of ſucco roſarũ. After the ſaid purgation, it is good to refreſh the liuer with laying to without on the right ſyde, vnder the nether ribbes, a playſter of cerotum ſcandalinũ, ſpzed vpon a lynnen clothe of ꝑ bygneſſe of .iiii. fyngers, oz bathe the ſayd place with a lynnen cloth wet ĩ water of endyue, plantayne and roſes, warmed togyther. Mozcouer it is good to take euery mozning before meate a lo-

zenge of triasandaly, and to drynke after it endyue water. iii. ounces.

¶ Regiment for heate in the lyuer.

The patient must abstayne from flesh and salt fysh, stronge wyne, garlyke, onyons, mustarde and suche other hote meates. It is good to vse broth of peale with verjuce, lettuce, poppe, spinage, borage, and sometyme a lytle vynegre yf he be not greued in the stomacke. This regiment is good also in tyme of pestilence, and of to great heate.

¶ A Julep for the heate of the lyuer.

Take halfe a li. of rosewater, one quarter of water of endiue, and v. ounces of sugre, make a iulep, of which ye shal drynke fastyng a good draught. And yf ye wyll nedes drynke for thyrst betwene meales, let it be myngled with iii partes of water of ȳ well. And yf ye wyl haue it more colyng, adde vnto it two ounces of vynegre or the iuce of a pomegranade.

Yf the lyuer be colde, for the phlegmatyke

gmatyke matter that is in it, the persō hath his water white, & out of coloure, the face pale, and his mouth watry, lytle bloode, and feleth heuynesse aboute hys lyuer.

Remedye.

He ought to drynke in the mornyng earlye. iii. or iiii. tymes a sirupe called oximell diureticum, with the decoction of smalache and perselye, or with waters of smalache, and fenell, and after he must take to purge the fleume a medicyne made as foloweth. Take syxe drammes of diafinicon, if the person be strong, or halfe an ounce if he be weake and distemper it in. iiii. ounces of the decoctiō of the rootes of smalache, percelye, fenell, and drynke it luke warme v. or. vi. houres afore meate.

In steade of the sayde medicyne one may gyue two drammes of agaryke in trosciskes with water of smalache, or els good fenell.

¶ In other medicine laxatiue.

Take halfe an ounce of diacarthami.

of halfe an oũce of diapzunis laxatiu
oz almoche of electuarium dulce, with
thze ounces of percely water, ſmallach
yſope, oz fenelle, take it fyue houres a
foze meate.

¶ Regiment.

The pacient muſt dzinke good wyne,
and vſe ginger, cinamome, graynes of
paradyſe, anyſe and fenelle, and hote
herbes in pottage, as ſage, yſope, tyme
maiozym, and auoyde all rawe frutes,
and alſo rawe herbes.

Mozeouer it is verye good to make a
playſter of ſmallache, wozmewoodde,
ſpikenarde in pouder, with oyle of dyll
myngle it, and lay it vpon the lyuer.

¶ Agaynſt ſtoppyng of the
lyuer called oppilacion.

Oppilation oz ſtoppyng cõmeth
ſometyme in the holowneſſe of
the lyuer, and it is knowen by cõ
paſſion and payne of the ſtomake, and
is healed by medicines laxatiue, as it is
declared befoze.

And ſometyme the oppilation is in
the

the veynes of the holowe parte of the lyuer, and is perceyued then by ꝑ greke which the pacient feleth in his backe, & in his reynes. And it is healed by thinges that open, as by syrupes of the thre rootes, syrupes of bu. ātius, sirupes of maydenheere, and by drynkyng the decoction of raysins, fenel, percely, smallache, cicorye, or waters stylled of the same herbes. Also rootes of alisaunder is good for the same. ꝛc.

Somtymes the sayd oppilacion cōmeth of grosse blood, carthye, and melancholyke, whiche the membres sende vnto the lyuer, and bycause that suche engendred blood can haue no issue, nor hath any waye to departe to any other membres, therfore be the veynes of the lyuer stopped vp, by the grosnesse of ꝑ sayde bloode. And it is knowen by the water, ꝑ is very hye coloured, & cleare.

¶ Remedye.

Gyue the pacīēt medicines that perce & subtyle, as is wyne of pomegranates syrupe of endyue, with the decoction of

eiers. Then let hym blood on the liuer veyne, and euery morning eate a lozēge of trialcādaly. Somtyme the sayd oppilacion cōmeth of aboūdaunce of some humour viscouse, colde and flegmatik, stoppynge the veynes of the lyuer, and thē the vrine is as clere as clere water.

¶ Remedye.

The pacient must drynke euery morynge the sirupe of oximel squilitike, with half a draught or more of the decoction of rootes of smallache, fenell & percelye. Somtymes vnto women cōmeth oppilations of the lyuer, by retey nyng of theyr purgatiōs. Wherfore it is good to let them blood on the veyne called saphena, whiche is aboue on the hyer syde of the instepp.

And let them take after the chaunge of the moone seuen or eyght morniges an opiate called Trifera magna: euery tyme an ounce And after drynke thre oūces of waters of mugworte, hysope and fenelle, or the decoction of these herbes, or elles the rootes aperitiue,

which

whiche be smallache, percely, fenell, alis saundze and asperage, boyled in water wyth the thyzde parte of odoziferous whyte wyne.

¶ Medicines foz the liuer that may be easely had at all tymes.

Take a good handful of liuerwoze that groweth vpon the stones, and an other of fumitoze, with as moche of hartestonge, and seeth them in whaye clarifyed, and dzynke them euery daye twyse.

The liuer of an hare dzyed and made in pouder, is good foz all diseases of ꝑ liuer, as affirmeth Auicenne and other of the Arabians.

Also foz heate in the liuer seeth barberyes in whaye, and dzynke them.

¶ The. vii. chapter, agaynst the diseases of the galle.

THe galle is placed in the holowneſſe of ꝑ lyuer, to receiue the superfluitie of cholere, & to sende it to the bowels to be auoyded with the grosser excrementes.

to thintent to clense the bloode of the sayde cholere.

To the whiche there commeth oftentymes oppilations in the partyes aboute by the lyuer, or beneth in it selfe next the bowels, causyng great payne, by reason whereof the cholere turneth agayne vnto the lyuer, and there is medled with the bloode, and spred abrode into all the veynes of the bodye, and breedeth a disease named iaundys (icterícia in latin) wherof be thre kyndes, that is to saye, yelowe iaundys that procedeth of cholere called citrine or yelowe, grene iaũdys which procedeth of grene cholere, and blacke iaundys that procedeth of blacke choler, which is called melancholye, and commonly cõmeth of the oppilation of the splene.

¶ Remedye for iaundys.

Yf the iaundys happen in an ague, before the seuenth daye, the pacyente is in great daunger of his lyfe, as Hipocrates sayeth. But yf it appeare in the syxth daye, being a day iudiciall or crytike

took the ague, or after, it is a verye good lygne.

And then ye muſt ſuccoure nature, in refreſhyng and digeſting the choler, with ſirupe of vyolettes, gyuen in the mornynge with water of morell, or ſyrupe of endyue, with water of cicorye.

After this, pourge the cholere as is ſayd in remedyes of the lyuer: And thā gyue hym a lozenge of trialcādali, with reubarbe, euery morynge two houres before meate, and drynk a lytle waters of endyue, and cicorye, afore the ſayde lozenge.

Moreouer, it is good to bathe the lyuer as it is ſayde afore, and waſh the pacientes eyes wyth vyncgre, and womans mylke, and drynk a ptiſane made of barly, liquirice, prunes, and the rootes of fenell. And yf (when the feuer is paſte) the iaundys taryeth ſtyll, the pacyent muſt drynke water of fenell, and morelle, with the ſyrupe of occiſacrarū cōpoſt, and it is good to laye a quycke tenche vpon the liuer.

Iaūdys

Jaundys sometyme commeth with-
oute feuer, and maye be healed by the
thynges that I declared here before,
or thus.

¶ An other remedye for
the Jaundys.

Take foure ounces of radysshe, and
gyue it the sycke to drynke. v. morny-
ges thre houres afore meate. In steade
wherof it is good to drynke euery mor
nynge foure ounces of the decoction of
horehounde, made in whyte wyne, or
as moche of the decoction of celydonye
and barberyes, wyth a lytle honye and
saffron.

¶ An other remedye.

Take wormes of the earth called
angle twiches, and wasshe them i whyte
wyne, then drye them and drynke them
a spoonefull at a tyme, w whyte wyne.

¶ An other.

Ye maye let hym drynke. vii. or. viii.
dayes togyther i ꝑ mornynges, a good
draught of the decoction of politrichō,
or of maydenheere. The decoctiō also
of

of woodbynde, or the water of it distilled in a common stylle, is a soueraygne medicine for the sayde disease.

¶ An other singuler remedye.

Take cowes mylke and whyte wyne of eche a pynt, and distill them in a still kepe that water a moneth, and then gyue it to the pacient thre ounces in the mornyng two houres afore meate, and lykewyse after supper, when he goeth to bedde.

¶ The eyght Chapter, for diseases of the spene.

The splene is a membre lõge softe, and spongy, beinge in ỹ lefte syde ioyned vnto the holownesse of ỹ stomacke, and to the thycke endes of ỹ rybbes, & to ỹ backe, the whiche is ordeyned for to receyue the melãcholy humours, & to cleanse the blood of the same, for by that meane ỹ blood remayneth pure & nette. Wherfore it is good nourishyng for al the

the membres, and is the cause that maketh a bodye merye, but oftentymes there happeneth oppilatiō or debilitie wherof commeth the blacke iaundys.

And somtymes it is greater, fuller, or grosser then it ought to be, by ouermuche melancholie that is not natural, caused of the dregges of the blood engendred in the lyuer, & doth hynder generacion of good blood, wherethrough the membres become drye, for defaute of good nouryshynge. And therfore the pacient is called splenetyke, whiche ye maye knowe by that, that after meate they haue payne in theyr left syde, and are alwayes heuye, and hath theyr faces somwhat enclynyng vnto blakneſſe

¶ Remedye.

In oppilacions and apostemes of the splene, whether it be of hote humours or of colde, he ought to be let bloode on ꝑ splene veyne called saluatella, which is in the lefte hande, betweene the lytle fynger, and the next finger which they call medicus. And ye muſt drawe oute but

but a lytle blood.

And yf the pacient feele a burnynge on the left syde, and hath a drye tonge wythoute appetyte, it signifyeth that suche disease of the splene, is caused of an hote humoure. Wherfore ye muste gyue the paciēt foure or. v. mornynges tastynge, syrupe of endyue water, and hartestōge, then a purgation made as foloweth thus.

¶ A goodlye purgation to auoyde melancholye.

Take halfe an ounce of succorosarū and thre ounces of the decoction of the rootes of capparus, and hartestonge, & make a drynke the whiche ye may mynystre in a good day to take purgatiōs syxe houres afore meate.

¶ An other.

In stede of that drynke ye may tempre halfe an ounce of cassia, and thre drammes of diasenye in thre ounces of wheye, or hartestonge water, & drynke it as is aforesayde. After the sayd purgation, ye ought to annoynt the splene

with

with oyle of violettes, or oyle of lyne
seed, or to make a playster of the sayde
oyle and lynseede, and the rootes of
cappares, and laye vpon the splene.

Also after the sayde purgation, it
shall be good to laye vppon the splene,
nyghtshade, purcelane seede, and pou
der of plantayne, myrte with vynegre
lyke a playster, and yf the pacient haue
more appetyte then he can digeste, and
that he haue belchynges of the stomak
somtymes soure in the mouth, it signi
fyeth that the passion splenetike com
meth by a colde humour melancholike.

¶ Remedye.

Ye must drynke sirupe of sticados, or
hartestonge, or oximel diureticū, with
water of the decoction of hartestonge,
epythime, smallache rotes, percely ro
tes, tamariscus, and myntes, or els one
lye wyth the decoction of hartestonge,
and rootes of cappars. And then after
purge it frō such melancholy humour,
wyth an ounce of diacatholicon, & two
drāmes of dialene, dissolued in. iii. oū
ces of

es of the sayde decoction, or water of wormewood, or hartestonge.

And after this ye must annoynt the syde of the splene, with oyle of lillyes, oyle of dylle, fresshe butter, marye of an oxe, and hennes greese, or of a dogge, medled togyther, or annoynt the sayde syde wyth dialthea.

And ỳ pacient ought to drinke white wine, and the decoction of hartestong, cucuyage and morrynge, takynge two sygges, wyth pouder of ysope, pepper or gynger, but he maye put no water in hys wyne, and oftentimes he must eate cappars, with a lytle oyle and vinegre.

If for the oppilations of the splene, the pacient hath a pale colour, or leadly in the face, and a whytenes of eyes, takynge awaye of appetite, payne in the lefte syde wyth hardenesse, and hathe hys excrementes blacke, it is a signe of the blacke iaundys.

¶ An expert medecine for all diseases of the splene.

Take the leaues and codes of seny

the

the barke of an aſhe tre ſkraped & cutte maydenheare, harteſtōg and liquirice, ſeeth them all in clere whaye and after they be ſtrayned drynke of it twyes or thryes a daye tyl ye be amended.

¶ Remedye for the blacke iaundys,

Ye muſte gyue lyxupes & purgations as afore is ſayde, and to be let blood of the veyne ſaluatella, and afterwarde diuers tymes euenynge and morynyng, to apply vētoſes vpon the ſplene without ſcarifyinge. Afterwarde ye muſte lay on it a liſte, wette in good vineger, and kepe it there ſo longe as the heate remayneth in the ſayde lyſte, & warme it thre or foure tymes.

Afterwarde annoynte the ſplene with dialthea, and ſo contynew four or fiue dayes, and other foure or fyue dayes lay vpon it a plaiſter made of two oūces of gumme armoniake diſſolued in vinegre, and ſpred vpon lether.

And yf by the forſayde thynges the pacient be not eaſed, the doctours of

phiſyche

phylycke saye, that he must receyue the medicines agayne, at the leste ones in euery moneth, for halfe a yere togither.

¶ Regiment for al oppilacions.

The pacient ought to vse thynges of ealye digestion, and in smal quantitie, and ought to absteyne from breade to lytle leuened, cakes, tartes, pastyes, pyes, hogges flesche, beafe, and poudred meates, and sumysche. Fisshe, lymmons, pealon, beanes mylke, chese, ryse, and firmentie, al fryed meates, drynke after supper, wyne and apples, whyche wyth al other lyke trouble the bodye. Also ye must absteyne from muche mouyng or exercise by and by after meate.

It is good to vse capars, asparage, hoppes, brothe of dryed pealon, wyth percelye or hys rotes, smal byrdes of the felde, kyddes flesche, yonge mutton, lambe, chyckyns, feysauntes, snytes, partriches, scaled fysshe, of swete runnynge water, wyth percely and vineger. Newe layed egges potched in wa-

ter, are verye holsome, & ye may drynke whyte wyne or claret, onely at meales,

Also it is good to vse cresses, sage, ysope, myntes, fenel, and percely, succorry, scariole, and beetes, and singulerlye, to take fastyng halfe a sponefull of redde colewortes sodden, & to eate often anyse seedes, and fenel.

¶ The nynth Chapter, for diseases of the bowelles.

IN a person be sixe guttes .iii. smal, whyche are situate ouer ẏ nauylle, & .iii. greate, whyche are placed vnder the nauyl.

The fyrst is called dudenum, bycause it is .xii. ynches longe.

The seconde is called ieiunum, for that nothyng remayneth in it.

The thyrde is called ylis, bycause it is longe and smal.

The fourth which is ẏ fyrst of ẏ great ones, is called monoculus, bicause it is lyke a sacke, & hath but one mouth & in that same sometymes are wormes engendred

engendred or ventolite, that causeth peyne of the belly on the ryght syde, whyche is not the very colyche.

The.v. they cal colon, bicause it hath many holowe places, and it proceedeth from the ryght syde vnder the lyuer, & it maketh hys reuolucyon vnto the left syde, wherein is engendred the colyke whyche is dispersed by all the belye, more then any other disease.

The.vi. is called rectum, bycause it is nye vnto the left kydneye, and goeth euen ryght downe into the foūdament.

Hipocrates calleth the thre bowelles that are nexte the stomake ylia, that is to saye smal guttes, & the peyne of one of them is called yliaca passio, a verye sharpe peyne. Galis calleth it, domine miserere. & yhewyse also colica passio, is called of the gutte colon, whyche. ii, diseases are sisters, for asmoch as they come oftentimes both of one cause, that is to say of ỹ oppylation of ỹ bowelles

¶ Remedye for the collicke and of yliaca passio.

FOrasmuche as those diseases are excedynge egre, sharp, and almooste impoztable of peyne, wherof many tymes foloweth defection of the strength, wyth varietie of medicines ye ought incontinentlye foz to helpe them.

Fyrste when the sayde peynes come by the stoppynge of the bellye, ye muste gyue him a glister mollificatyue, made of the decoctiõ of mallowes, violettes, beetes, anyse seed and fenugreke, with cassia, and comon hony, and oyle olyue, and afterwarde, the herbes of the sayd glister bruised & fryed, & layed hote betwixt. ii. linins, & applied to the belly.

And yf by thys meanes the peyne cease not, let the patient lytte vnto the buttockes, in the sayde decoction, and after wyth dialthea & butter, annoynte thy nauyl.

And if the sayd glyster do not worke sufficiently, make another of the same, oz els gyue hym a suppositorye whych is longe ynough, made of pure honye, and

and sal gemme.

¶ For the wyndye collyke.

Thorow wyndines oftentymes, cõmeth the colica passio, or iliaca, & then it appeareth that the peyne is chaũgeable, and mouyng from place to place, and is knowen also by the romblynge which is a noyse in the bowelles, with gryppynges, and great peyne.

¶ Remedye.

Take mallowes, beetes, & mercury of eche a good handful, margerim, rue, bayes, and camomyl, of eche a lytle handeful, anyse seedes, comyn, of eche an ounce, make a decoctiõ, & take therof a pynt and a halfe, and dissolue in it an ounce of cassia, halfe an ounce of triacle and .iii. oũces of oyle olyue or of camomyl, & make a glyster, the whych must be gyuen warme vnto the patient, long before or after meate.

In sted of the sayde glyster, ye may gyue hym a pounde of oyle of linseede, whyche is a singuler thynge to take away all diseases of the belly. Also it is

good to make a myxture wyth oyle of hempe seed.

¶ For to appease the peyne caused of wynde.

Fyrste make a glyster of malucsaye, oyle of camomyl, or dyl. If for the sayd glysters the peyne cease not, or els the pacient wyl not take them, take a great sponge or els a felt of a hatte, and stepe it in wine of the decoction of rue, camomyl, maiorym, anyse seedes, and commyn. And afterwarde laye it vpon the peyne, as hote as the patient can suffre, and .iiii. tymes in the daye, it is good to let hym drynke wyne wherin hath ben sodden rue seedes, carcawayes, and commyne. Drynke at euerye tyme a lytle draught, and eche daye kepe abstinence from eatynge and drynkynge moche of other thynges tyl ye be perfectly hole.

¶ A suppositorye for the wyndye colyke.

Take a dramme of rue, in fyne pouder and halfe a drãme of comyns dryed and poudred, and wyth honye skũmed, make

make a suppository.

¶ A playster for wynde colycke.

Take two handfulles of rue, in fine pouder, myrre, and comyne poudred of eche halfe an ounce, four egges yolkes, and make two playsters wyth honye, and laye on the one at nyght, and the other in the morynge, vpon the bellye. Water of camomyl, or a decoction of thesame drōken, is good for them that haue such diseases. Also a dryed acorne in pouder, and gyuen to drynke wyth whyte wyne, is very good.

If ye knowe that the peyne of the bellye commeth thorough wynde, applie vpon it a greate ventose wythout incisyon, for by that meanes the sayde peyne wyl surelye go a waye, or dymynyshe. If not, it sheweth that there is some humours that causeth the sayde peyne, as fleume or cholere.

If by fleume it commeth, ye muste make a glister of a pynte of the decoction of camomil, rue, wormewood, maio-

tim, mellilote, centaurie, anise seedes, and fenel, and in the same decoction put halfe an ounce of hiera picra, or halfe an ounce of diakinicon, and .iii. ounces of oyle of dil, or of lillies.

Also ye ought to giue to the pacient sirupe of wormwood, and to make application vpon his bellie as hathe bene sayde afore, or to laye vnto it gromell seed & baye salt dryed togither, whiche layed vpon the bellie, is lykewise good for the wyndye collicke.

If after the sayde thinges the sayde peyne continueth, ye muste make a purgation as foloweth.

¶ A purgation for colike commynge of fleume.

Take. v. drammes of diakinicon, iii. ounces of wormewood water, & make a drynke, the whyche receyued fasting, iiii. or. v, hourcs afore meat, is verye profitable.

¶ For peyne of the colicke commynge of choler.

If the sayde peyne cometh of choler,

ler, whiche is knowen when by the application of hote thinges the peyne encreaseth, ye must make a glister of violets, or giue him halfe an ounce of succo rosarū wt̄ ptisan, endiue water or wine

And the next morynyng let him drinke a ptisane of the decoctiō of prunes, and violet flowres, and annoynt the belly wyth oyle of violettes, or wette a lynnē cloth i colde water & laye it therupō.

If it do continew styl, the patient must be sette in warme water vp to the hanches, and yf the peyne come of cold, ye must annoynt his belly with oyle of bayes, and goselegrese.

¶ For the wyndy colycke.

If it be winde, make a glister of new mylke wyth a lytle oyle, and the yolke of an egge, for it is very good. Also it is good to lette hym drynke a dramme of hiera picra simplex, wyth .ii. ounces of water of cardo benedictus, or purcelane or wormewood, and to make a playster of lecke leaues fryed in oyle and vinegre, and layed vpon the bellye.

Lykewyse it is good to drynke the iuyce of enula campana, or the sirupe therof, & to were a playster vpon ꝑ belie, made of hony, wormewood & aloes.

¶ A glyster for al colicke.

Take the oldest cocke ye can gette, the whyche muste be wel beaten wyth smal roddes, and then chop of the head and put in a good sufficiencie of water, and scalde hym, and trymme hym for to seeth. And wyth in the bellye of the sayde cocke put anyse seedes, fenel, comyn, polipody, and the seedes of cartami, of eche halfe an ounce, turbith, sene, and agaryke, bounde surelye in a lynnen clothe, of eche two drammes, floures of camomyl an handeful, seeth them vntyl the flesh go from the bones and take of the said decoction a pound, and a quartron of oyle of camomyl, and dyl, and thre or foure ounces of eggeyolkes, make a glyster whyche must be gyuen warme, longe before or after meate, or drynke.

Pillule cochie are very good for the sayde

sayde disease, specially when the glyster doth not suffice, to purge the cause of the same. Also diamusci, and diacinminum are very good lectuaryes. yf ye take of one of them a lozenge fastynge, two houres before meate. Lykewyse it is good to take mithridatum, with a litle whyte wyne, or wyth the decoction of camomyl, foure or fyue houres after dynner, yf hys belly be naturally laxe, or els by some suppositorye or glyster.

¶ Against disease of the raynes of the backe, and the loynes.

PAyne of the reynes is called nephretica passio, & cõmeth of some stone or grauel, & it is most lyke vnto the colicke in cure, but in causes they be cleane contrarie: for the colicke beginneth at the lower partes on the right side, and goeth vp to the hyer partes on the left side, of the belly, and it lyeth rather more forwarde then backewarde, but nephretica passio begynneth contrarywise aboue, descendyng downewarde, and euer lieth more towarde

warde the backe.

Also nephretica is paynfuller afore meat, and the colicke is euer more greuous after. And often the colicke chaũceth sodenlie, but nephretica contrarie, for commonlie it commeth by litle and litle, for euermore before, one shal fele payne of ꝑ backe wᵗ difficultie of vrine.

Item there is more difference, for the colicke sheweth vrynes as it were coloured, but nephretica in the begynninge is cleare, and white like water, & after waxeth thycke, and then appeareth in the botome of the vessel leke red sande or grauel.

¶ Remedie for peyne of the reynes

YE must vse thinges aperitiue, to cause you make water, but afore ye ought to lose the belly in taking an ounce of cassia, an houre before meate, but if your bellie be harde bounde, ye must take a glister made as hereafter followeth, before ye take the sayde cassia.

A glister

A glister for nephretica passio.

Take of marche mallowe rotes two ounces, mallowes, violettes, beetes, and marche mallowe leaues, floures of camomylle and melilote, of eche a handeful, melon seede and anyse seed, of eche halfe an ounce, wheate branne, an handful, and decocte it, and take therof halfe a pounde, and distemper in it an ounce of cassia, & an ounce of course suger. ii. ounces of oyle of violettes, & an ounce of oyle of lilies, make a glyster. In stede therof ye may take cowes mylke, with two egge yolkes, in maner of a glyster.

And it is to be noted, that in suche a disease, the glystre muste be greate in quantitie, or els ye shulde make wyestynge & roumblynge in ꝑ bellye, whiche shulde be an occasyon of more payne,

After this operation, if the payne be not apeased, ye must gyue another glyster after the operation of whyche, the patient ought to go into some bath, vp

to the

to the nauyl, wherein muste be sodden mallowes, marche mallowes, beetes, pellitarye, lyneseed, fenugrecke, & flowres of camomyl, wyth melilote, al put in a bagge in the sayd water, and rubbe hym wyth it, and at hys goynge out of the sayd bath, ye muste take two ounces of sirupe of mayden heare, & radishe, wh iii. ounces of ꝑ decoction of lyquirice. Moreouer after the sayde bath, ye muste laye vppon the payne a pultes made of herbes, and floures, with oyle of almõdes, beyng in the sayde bagge, and. ii. or iii. morninges take. v. or. vi. ounces of ꝑ brothe of cicers, sodden wyth lycorice, or els drinke water of pellitory, of cressis, or of rotes aperitiue, the which waters are veryc good, for to purge ꝑ gravel and the stone.

Lykewyse a very good electuary for the same, called electuarium ducis, or iustinum, philantropos, or liontripon, yf one take a dramme or two after operation of a glister, or of cassia, or a pylle of ante cibũ, and after to drynke one of

the

the sayde waters, or elles a litle whyte wyne warmed.

¶ Regiment as wel for the colyke, as for the reynes of the backe.

HE must flye from al euyll qualities of the ayre, as wynde, rayne, great heate, and greate colde, specyallye to kepe him from warmyng the reynes against the fyre, nor to heat it by any other meanes. Also he muste abstayne from great repletion at one meale, and to longe abstinence from meate, for all these fille the bodie ful of yll humours. Also sleape not on the daye, specially after meate, nor lye not on the reynes, when ye are a slepe.

And ye ought to eate no saltfysh, nor no byefe, nor other grosse meates. Lyke wise one ought for to beware of al fowles bredde vp in the water, spycery, pastrye, and bread not verye well leuened specially tartes, cakes, and other pastyes made of flour. But aboue al, ye muste beware of whitemetes, as milke, chese

awe frutes, harde egges. & as moch as is possible, kepe your selfe frō yre, enuye, melancholy, & other lyke affectiōs.

¶ For the flure of the wombe.

IN al flures of ỹ belly, cause the excremētes to be dulye serched, for if the disease be suche, that the meate commeth out, euen as it was receyued, or not half dygested, ỹ sayde flure is called lienteria. Yf great aboundaūce of watery humours haue theyr issue by lowe, the sayde flure is named diarrhea, whyche is as moch to saye as flure humorall. And yf bloode or matter appeare wyth the excrementes in the sycknesse, then they call it dissenteria, which is a grete disease and a daungerous for to cure.

¶ Remedy for the flure lienteria.

YF Dyalmoch as this flur cōmeth for the most parte of great debilitie of vertue retentyue of the stomacke, for ỹ great moystnes of the same, it is good to gyue ỹ sirupe of wormewood, and honye of roses, takyng

kynd of it with a spone, or drynke the wyth the water of betonye, fenell, and wormewood, and yf it so be the pacient dod desyre to vomyte, it wolde be good for hym, or let hym take halfe an ounce of hiera simple, wyth two ounces of water of wormewood, and if the pacient be stronge ynough, adde therto two drammes of diakinicon.

And after thys ye muste comforte the stomake with oyle of mastyke, spyke, mynt, wormewood, or nardine, or with a playstre called cerotum Galeni, spred vpon lether, and after layed vppon the stomacke, or make a bagge of wormewood, myntes, and maiorim dryed, and laye it vpon the stomake.

In the morning take a lorenge of aromaticum rosatum, and a lytle rynde of citron cõfit, and before euery meale take a morcel of conserua quynces.

¶ Remedye for the fluxe humoral called diarthea.

The sayde fluxe ought not to be restrayned afore the .xiiii. daye, yf na-

sure be not very moch enfebled. And somtyme it commeth of hote causes, as of tholere, and thē one oughte to gyue vnto the paciente to drynke afore his meate syrupe of ribes, syrupe of roses, or syrupe of quinces, wyth smythes water, and ī the stede of those syrupes, ye may make a iulep thus.

¶ A iulep for the fluxe humorall.

Take rosewater, buglosse, and plantayne, enerye one halfe a pounde, of all the saunders two drammes, and wyth a quartron and an halfe of sugre, make a iulep. In the morning two houres afore meat, it is good to gyue the pacīt olde conserue of roses, or a dramme of troches of roses, after he hath dronke one of the sayde syrupes, or of iulep of roses wyth a lytle of smythes water, wherof the pacient ought to drynke at euery tyme whē he is a thyrst.

Yf in the sayde fluxe there be egre matter, and the strength of the pacient any thynge constaunt, ye maye minister the

lnatozie that hereafter enlueth.

Take redde roses, barly, plantayne, of euery one a handfull, seth them, and in the streynyng. adde. ii. oũces of oyle of roses, one ounce of honye of roses, and the yolke of an egge, and gyue it in the maner of a glister.

Sometyme it is expedient to take a medicine by the mouthe, and it is made as thus.

¶ A medicine for the fluxe.

Take the ryndes of myrabolane cistrinc baken one dramme, reubarbe a lytle dryed vppon a tyle, halfe a dramme, syrupe of quinces one ounce, water of plantayne. iii. ounces, myngle al togyther, and lette the pacient drynke them foure houres before meate, & than giue hym a glyster retentyue made as thus.

¶ A glyster for the fluxe.

Take oyle of roses, of quinces of mastike, of euery one thre oũces, bole armoniak in pouder. ii. drammes, meddle al togyther and gyue it as a glyster.

¶ An other.

Take the iuce of plantayne, of popy of burſa paſtoris, and oyle of quinces, of euerye one .iii. ounces, myngle them togyther, and gyue it for a glyſter. And if the bowels be excoriate, ye ſhall giue this peculier remedye. Take halfe one pounde of mylke, the water wherein gaddes of ſtele hath ben quenched, the iuce of plantayne, and oyle of quinces, of euerye one .ii. ounces, bole armeny one dramme, goates tallowe one ounce, and make them in a glyſter, but wythout vppon the ſtomacke, ye muſte laye thys oyntmente that here foloweth.

¶ An oyntment for the fluxe.

Take oyles of roſes, quinces, & miſtilles, of eche an ounce, oyle of maſtyk, halfe an ounce, pouder of coral, and nutmegges of cipreſſe, of euerye one a dramme, myngle all wyth ware, and make an oyntment. Here is to be noted that the glisters that are gyuen for to ſtoppe a fluxe, muſt be verye lytle in quantitie.

Ye maye heale the fluxe of diſſenteria with gyuynge thynges before declared

for

for the fluxe humoral, and take afore your repast.ii.drammes of conserue of quinces, or of marmelade of quinces. And he ought to drynke water, wherin hath ben quenched gaddes of stele, and ye muste auoyde diuersitie of meates, and gyue your selfe to ease, and to quyet, and scape a great whyle. And it is good to vse grewel, clene barlye, and almon mylke, wyth a lytle amidum, and set ventoses vpon the bellye without cuttyng, whiche thinge is also good in al fluxes of the body. If the sayde flux humoral proceedeth of fleume, it shal appeare of the excrementes that are watrye and flegmatyke, & than ye oughte to gyue.iii.or.iiii.morninges, syrupe of worme wood, or of mynte, after purgation as is here folowynge.

¶ A purgation for the flux humoral.

Take.ii.drāmes of mirabolanes dried on a tile, halfe a scrupule of agarike in trocisike, halfe an ounce of sirupe of mynte.or.ii.oūces of water of bawme

and make a potion that shall be receyued.iii.or.iiii.dayes, afore meate.

If ye wyll make a iulep, take water of minte, and of bawme, of euerye one halfe a pounde, suger a quarterne, and make a iulep, of the whyche one maye drynke euenyng & mornyng after meat euery tyme a draught. Euery morning it is good to take a lozenge of the electuarie that foloweth.

A noble electuarye for the fluxe.

Take pouder of diagalanga a dramme and a halfe, of redde coral and mastike, of euery one a scruple, trocishes of terra sigillata half a dramme, the barkes of citrons comfyt, and quinces, of euery one thre drammes, suger dyssolued in water of myntes, foure oũces, make an electuarye.

Dyles of wormewood, mynte and of narde, and mastyke, are verye holsome to annoynt wythal the bellye, & the stomake, for the sayde fluxe.

And the thynges declared of the fluxe licteria,

lienteria, be verye good in this case, takyng euer after meate, a morsel of marmalade. Redde wyne is verye good in this fluxe, to drynke at meate wyth the water of a smyth, and lykewyse all spices are good for the same purpose.

¶ Medicines to restrayne the fluxe, of whatsoeuer cause it be.

Take the pesyll of an harte, and drye it into pouder, & drinke it. The water of oken buddes, or the verye acornes dryed and made in pouder, and dronken in redde wyne, is verye good.

Item the mawe of a yonge leuerette, wyth the iuyce of playntayne is exce dynge profytable.

¶ The tenth chapter, of diseases of the matryce.

Yrst agaynst superfluous fluxe of the mother, in ꝑ whyche ye must cõsydre whether it doo come of to greate quantitye of bloode, and thẽ it is good for to open the veyne saphena, and abstayne frõ al thynges that multiplye the bloode, as egges, wyne and flesshe. Or whether it cõmeth of cholere, and then ye must receyue a lytle syrupe of roses, pomegranades, or ribes with water of plãtayn. Thã purge the choler that gyueth such sharpenesse to the bloode, by ten drammes of trifera sarracenica, with .ii. ounces of plantayne water, or the medicine of reubarbe, wrytten in the treatyce of the fluxe humorall.

After purgation ye maye gyue euery mornyng a lozenge of trialandali, or a dramme of troscikes of roses, in pouder, after drynke two ounces of plantayne water. And yf suche fluxe of the mattice,

matrice, happen of the watryenesse of blood, gyue her to drynke. iiii oz. v. mozynynges, hony of roses wyth a litle water of wormewoode, afterwarde purge her wyth a dr̃ame and a halfe of agarik in troschikes, and halfe an ounce of trifera saracenica, myxte wyth water of minte, and of wormewood.

Ye may knowe the causes of the said fluxe, by annoyntyng a threde or cloute in the sayde blood, for if it hath the colour of vermylon, it sygnyfyeth that the fluxe cõmeth of to moche blood. If it appere a lytle yelowe, it signifyeth that the dysease commeth of the subtilitie & sharpnes of the blood, ouercome wyth choler. And if it hath a colour lyke the water in whiche newe flesshe is washed, it betokeneth the blood is moch watrye.

And after ye haue purged the principall cause of the disease, youre seconde intention shalbe, by and by to staunche the said yssue. Wherin also one thinge is to be noted, that if nature be accustomed

med to auoyd any superfluytes, by tō
tynual course of the sayd fluxe, it wold
perchaunce be inconuenient for to stop
it, wherefore yf ye se no ieoperdye, ye
maye restrayne the sayd flux this wise.

¶ Remedye for to stoppe
the sayde fluxe.

Take trosciskes of white amber, and
make them in pouder, and gyue a dr̄ame
euery mornynge, and anon after, drink
an ounce, or. ii. of water of plantayne.

In steade of these trociskes, ye maye
make a poudre of sāguis draconis, bole
armeny, whyte ambre, and redde coral,
drynkynge one dramme thereof, wyth
plantayne water as is aforesayde.

¶ An other medecine to staunch
the sayde fluxe.

Take two ounces of olde conserue of
roses, of the sede of plantayne. ii. dram-
mes, sanguinis draconis, bole armeny,
of cucrye one a dr̄ame & an halfe, whyte
coral and redde, ana one dramme, make
a confection with sirupe of myrtilles, &
gyue it to drynke, morynge & euenyng

two

ii.houres afore meate, at euerye tyme the quantitie of a meane chesnutte.

¶ For the same.

Applye ventoses vnder the breastes, twyse a daye, before dynner and supper, and vse to beare about your necke, or holde alwayes in your hande, redde coral, iaspys, or a stone called hematites, whyche is a singuler remedye for to stoppe euerye kynde of bloodye fluxes, yf it be borne, or tempered in wyne and dronke, or make therof a pouder, and vse of it euery mornyng with a lytle wyne.

¶ For reteynyng of the floures.

Sometymes there chaũceth vnto women when they can not haue their due purgations, to fal in greuous kyndes of sycknesses, for the auoydaũce wherof, it is good to helpe thẽ, and prouoke the sayde purgations by suche thynges as open, whyche muste be gyuen at suche tyme of the moone, as the sayd women were wont to haue the same.

And yf ye se the womans bloode to

be to

be to grosse and thycke, so that she can not haue anye such purgation, ye must euerye moneth gyue her the syrupe of fumetorye, wyth the decoction of borage, and bugloss, and let her bathe her selfe, wyth fresshe water, hoote. And when she goeth out of the bath into the bedde, she muste receyue the foxlayd syrupe and decoction of the herbe called rubea tinctorum or madder, sodden in cleare water. In stede of syrupes ye maye take the verye iuyce or decoction of the herbes.

And if the womans blood be flymye, colde, & flegmatyke, thē she must drinke syrupe of sticados, & of oximel diuretike and afterwarde take the pylles called fetide, and of agaryke. And euery morninge after that, she must take a drāme of troscisckes de mirrha, with two ounces of the decoction of Juniper beries, or two drammes of trifera magna and ther vpon drynke two ounces of water of Mugworte.

And yf perchaunce ye can not haue

these thynges at nede, ye may take .iiij. ounces of the decoction of alisaunders the roote of smallache, cinamome, and a lytle saffron, and let her drynke therof two tymes a daye, and eate no meat therafter, duryng foure houres.

Moreouer it is a proued and expert medicyne, to giue the first day of ỹ newmoone a dramme of poudre made of borax, which the goldesmithes do occupy wyth almoche cynamome, and a lytle water of smallach. Also it is very good to haue the veyne opened, whych is called saphena, that lyeth outewarde betwene the instepp̄e and the heele.

And yf case so be, that the said retention come of superfluitie, or to moch aboundaunce of fatte, then the chefe remedie is to suffre moche hunger, and to eate very lytle, moche exercyse and labour, to prouoke swete, and to slepe as lytle as maye be possyble

But yf it come of greate debilitye & weakenes of the bodye, when the naturall strengthe is ouercome by reason of

some

some sykneſſe, or after a longe ague, in thys caſe ye maye not go about to prouoke the sayde purgation, but wyth all your endeuoure seke to reſtore nature, and gyue the pacient thynges of moche nouryſhment, as potched egges, good fleſhe and good wyne, with other lyke.

Sometyme the sayde retention commeth of the exceſſyue heate of nature, in some women, specyallye suche as be valyaunt and stroge as men, and those that are wont to moche labour, by reason whereof the heate of theyr bodyes is so stroge, that they nede none of the sayde purgations, for the superfluities of theyr bodyes, are sufficientlye consumed of the heate alone, therfore they haue no nede of the sayde remedyes.

¶ For chokynge or suffocation of the matrice.

The matrice or mother in a woman, oftentymes mounteth vp, towarde the midreſe and the stomake, wyth intollerable paynes, and is called, suffocation, bycause that it is choked, or ouer-

charged

charged wyth some cuyll and superfluous matter, as by stoppynge of the due purgations, or to moche abstinence of Venus, wherby is often caused shortnesse of breath, payne of the head, swownynge, tremblynge of the hearte contraction of membres, and otherwhyles death wythout remedye.

¶ A medicine for the said disease.

Ye must rubbe the legges and wrestes of the armes vehemently, & bynd them with cordes or with garters, tyll they waxe sore, then set ventoses vpon the legges, and al to chafe the stomache specially beneth round about the nauil. And then ye muste constrayne hir to smell stynkyng thynges as assa fetida, galbanū, per tryche fethers brente, and the quenchinge out of candels, with other suche, but byncth ye muste applye thynges of swete odoure, as gylofloures, maiorim, lignum aloes, ambre, cyuet, and a troscike of gallia muscata, & let her drynke a draught of thys receyt.

that

that foloweth.

¶ A drynke for payne of the mother.

Take one dramme of mithridatum, and dissolue it in an ounce and an halfe of water of wormewood, and giue it to her to drynke, afore she go to meate. iiii houres.

¶ Dyuers goodly medicines for diseases of the mother what soeuer be the cause.

Take the rasing of yuery and the rasyng of an hartes horne with the heare of an hare, dryed and made in pouder, and asmoche of gotes clawes brēt and poudered yf they maye be gotten, or in steade of it shepes clawes, take al these and vse to eate them in youre potage or otherwyse, to stoppe the fluxes of the matrice.

¶ An other to prouoke them.

Sethe marygoldes, nepte and sauine in good ale, and drynke it wyth a good quantitye of saffron, and a lytle honye or suger,

Item

Item .xv. blacke seedes of pionie, dronken in wyne wyth saffron, purgeth the matrice of humours, and other. xv. of the redde seedes, stauncheth it agayne, or any other fluxe of the mother.

¶ An other.

These herbes are good to purge the matrice, Rue, peony, sauyne, betonye, nepte, valerian, maydenheare, horehounde, sauery, percely, gromel alysaunder, marigoldes, smallache, and tyme.

¶ The. xi. Chapter, of the cure of the stone in the reynes, and in the bladder.

PAyne of the stone is one of the most enormous paynes that the bodie of man is vexed with, for by it many tymes the natural vertues are distroyed, women lose their frute afore ẏ time, cruel & peryllous accidentes commonlye do encrease, yea and oftentymes death without remedie.

Wherfore it shalbe expedient to the
confort of the poore folkes, and other
that be greued, to write some good and
holesome medicines for auoydynge of
the stone.

And seynge that al authours do
affirme the stone to be engēdred by rea-
son of the great heat that is about the
reynes, streytnesse of the condites, and
aboūdaūce of grosse & slymye fleume, or
of brent choler, which by ꝑ sayd excesse
of heate, is as one wolde saye, baken or
dryed as claye is in the fierneys, and so
at last becommeth an harde stone, ther-
fore it is chefely to be noted, that with-
out amendyng of the forsayde causes,
all that ye do ministre for to breake the
stone is eyther hurtful to the patient, or
els of smal effecte. For the which cause
it is very necessary that ꝑ patient kepe
a sobre diete.

And for the better vnderstandynge,
ye shall know, that al wynes (whether
they be swete or sharpe, grosse or sub-
tyl, whyte or redde) are in this case vt-
terly

terlye reiected.

Pulses also of what kynde soeuer they be, as pease, beanes, and such, and al grosse flesshe, and water foules, and foules of greate bodies, as bustardes, cranes, and suche lyke, are in this case very daungerous and noysome.

Also ye maye eate no kynde of frutes, excepte it be a fewe melons, rype prunes in smal quantitie, & pomgranades, with a lytle sugre and coriandres.

Of herbes, ye maye eate borage, buglosse, percely, lettuse, mintes, spinache and succorrye in brothe of veale, or of a yonge chyckyn. Nepes also & rapes, and radyshe, in a smal quantitie, maye be wel ynough permitted.

Potched egges are very good in this case, with a litle vergeouce, but in anye wyse beware of harde chese, for that is oftentymes the onely cause of the sayd stone. Al shelle fishes are to be auoyded excepte it be a creuyshe, or a shrympe, measurably taken.

Ye muste, also take hede that ye eate

no pepper nor hote spyces, nor no meates that are salte, sowre, or heuye of digestion, & that ye lye not on your backe on nyghtes when ye are a slepe. And ye oughte to kepe your reynes colde and moyst, & to let your backe be vntrussed in the somer.

After ye haue vsed this regiment or dietc by a certayne seasō, it shalbe good for you to take an ounce of cassia newly drawen out of the cane, & eate it wyth a litle suger in the mornynge.

This ye muste vse euerye seconde weke, tyl in tyme your reynes be metelye wel clensed of the same, and euerye daye eate a lytle cassia, vpon a knyfes poynte, to kepe your belie moyste: for that is one of the thinges that are most requyred in the sayd cure.

And at diuers other tymes when ye be disposed, ye maye take a litle of this receyte hereafter, whiche hathe greate vertue to mundifye the reynes, and to bringe the humours to equalitie, wyth releasing of the payne, and bryngynge

out

out the grauel.

¶ A goodly sirupe to mundi-
fie the reynes.

Take the broth of a yonge chicken sodden tyl the bones sal a sondre thre pounde, melon seedes a litle brused, an ounce, percelye rootes, and alisaundre rotes.iii.ounces, damaske prunes, lepe-sten, of eche.vi.in nõbre, great raysyns halfe an ounce, cleane licorice.x. drammes, waters of borage, endyue, and hoppes, of eche.iii.drammes, and with sufficient white suger, boyle them al vnto the consumption of the halfe and more, and afterwarde streyne them, & make a goodly clirup.

This is a thinge of excellent operation, and an hye secrete in mundifyinge of the reynes, if ye kepe the diete as is afore described. The dose of it is one cyath or a lytle cupful in the morninge early, and slepe after it a lytle. If ye wolde haue the forsayd sirupe to purge more choler, then put in it a dramme of fyne Rubarbe, with a lytle cassia,

Hereafter

Here after foloweth a poudre of excellent operation in breakynge of the stone.

TAke the kernels that are within flocs, & drye them on a tyle stone, then make of them a pouder by it selfe, after that take the rotes of alisander, percelye, parietarie, and hollihocke, of euery one a like moch, and seeth them al in whyte wyne or els in ye broth of a yonge chycken, then streyne them out into a cleane vessell, and when ye drinke of it, adde as moche of the said pouder as ye thynke conuenyent, halfe a syluer spoonefull or more, for without dout it hath great effect in brynging out the grauell.

An other expert medicyne for them that haue the stone.

There groweth in the galles of some oxen, a certayne yelowe stone, somtymes in bygnesse of a walnut, somwhat longe and brittle. Yf ye take that stone and make of it a pouder, and eate it in your pottage, the weyght of one pulse

pule or more according to your strength it is a singuler medicyne to them that can not pisse for stopping of ꝑ cõduites

¶ An other singuler medicine for the stone.

Take the seedes of smallache, percelye louage, and saxifrage, the rootes of philipendula, chery stones, gromell seede, and brome seede, of euerye one a lyke moche, make them in fyne pouder, and whē ye be diseased with the stone, eate of this pouder a sponefull at ones in pottage, or in brothe of a chycken, and eate nothyng after. ii. or. iii. houres.

¶ The xii. chapter, of remedyes for the goute.

The payne in the soynts tes of a mans bodye, as in the handes and fete, is generally called arthritis, or gout, which proceedeth some tyme of debylitie of ꝑ synowes being lasshe and vnable, to cõsume the humours, that continuallye

do

do flowe vnto them.

And for the mooſt parte they are all deryued from the member mandant, ꝑ is to ſaye the brayne, for he is verye groſſe, and engendreth euer humours in him ſelfe, by reaſon wherof, moche of the ſayde humours are deriued into the nuke and muſcles of the backe, and fro thence they deſcende into the feete, and then it is called podagra, or to the huckle boone, and then it is ſciatica, or els into ꝑ handes, & there it is chiragra.

¶ Remedye.

For aſmoche as all the ſayd kyndes commeth of one begynnynge, as is ſhewed afore, and for the better expeditiō in that we wyll be brefe, ye ſhall fyrſte take awaye the ſuperfluous moyſture of the brayne, whyche is the roote and fountayne of all the ſayd diſeaſes, and that ye may do four emaner of wayes.

The fyrſt is obſeruaunce of dyete inclynyng towarde dryneſſe, & to auoyde all fulneſſe of meate and drynke, and not to ſlepe in anye wyſe ſhortlye after meate

meate. And ye muſt beware that ye eate no vaporous meates, nor thyn wyne, nor drynke moche after ſupper. And yf perchaunce the peyne be very ſharpe, it ſhalbe moche holeſome to the patient, to abſtayne from all kyndes of wyne, & to vſe hym ſelfe to ſmall drynke, which thynge yf he can not do, then let hym drynke claret wyne myxed with a good quantitye of water.

The ſeconde is to purge the brayne ones a moneth, wyth the one halfe of pylles of cochyes, and an other halfe of pylles allagareth. And in tyme of harueſt, and of ſomer, with pilles ſine quibus, and pilles imperiall, whereof ye ſhal gyue one dramme the nyght before the full moone, and the daye folowyng ye maye gyue hym to eate a lytle broth of cicers, with a lytle quantitie of rayſyns of the ſunne.

The thyrde is to repreſſe the fumes, that aſcende in to the brayne after meat which thyng maye well be done by eatynge of a lyttle dredge, made of anys

ſeed

seed and coriander.

The fourth is to parfume the braine with certayne thynges confortatyue, as for example thus.

¶ A good perfume agaynst moistures of the brayne.

Take fyne frankensence, sandrake and mastyke, of euery one an ounce, lignum aloes, a dramme, make them all in grosse pouder, and parfume therewith stoupes made of flaxe or of cotten, and laye vpon the head.

And when ye haue by this meanes well, and dulye comforted the brayne, & defended of, the originall cause of the sayde disease, ye shall procede to take awaye the matter conioynt that is descended vnto the synowes, and ye shall begynne thus.

Fyrst ye must preserue the body frō engendryng of humours, in taking euery mornynge next your hert a conserue made of akornes, and of flourcs of rosemary, mengled with a lytle nutmygge, and mastike, and yf ye be of power, ye may

may drynke a good draught of ypocras or other spyced drynke, after meate at dynner and at supper.

Secondarilye, ye shall vnderstande, that whosoeuer doth entende to be holpen of the goute, he must euery yere be purged two tymes, preparyng fyrst the matter to digestion with syrupe of sticados, and duabus radicibus, with the one halfe of waters of sage, prymroses and margerym, in maner of a spyced iulep wt cinamom, take. v. cõtinual mornynges. ii. houres afore ye eate anye other meate. And after that, ye muste receyue a dramme of pylles called arthritikes, or hermodactiles, or of bothe togyther egall portions. Or take halfe an ounce of diacartami two houres after nyght, and of diaturbyth, of euerye one two drammes, with a lytle syrupe of hisop.

The reste of the sayde curation shall be accõplished wt ỹ applyinge of dyuers locall remedies, whereof there be sondrye kyndes & sortes here declared.

Ye

ye ought to rubbe the place that is
soze with oyle of roses and a lytle vy-
negre, & after sprinkle vpon the same,
fyne pouder of myrtylles. Another play
ster also as hereafter foloweth.

¶ A playster for the goute.

Take of the emplayster called melli-
lote. ii. ounces, populcõ an ounce and a
halfe, redde roses, mirtilles, and flou-
res of camomyl, of euerye one a dr̃ame,
make a playster and laye vpon the gou-
tye ioynt.

¶ An other.

Take the iuyce of colewortes and of
walworte, and with beane floure, and
pouder of redde roses, and the flowres
of camomyl, make a playster and lay it
to the soze.

¶ An other.

Take oyle of roses, crumes of bread,
yolkes of egges, & cowes mylke, wyth
a litle saffron, seeth them togyther a ly-
tle as ye wolde make a pudding, after
waxde spreade them vpon cloutes & laye
vpon the soze.

An

¶ An other.

Make lye of the ashes of rosemary. or of oke, or of beane stalkes, and boyle in it, sauge, moleyne, prymrose, camomyll, and mellilote, and receyue ꝑ fume vpon the sore place, or wette cloutes in ꝑ sayde decoction, presse them and laye them vpon the payne.

Al the sayd remedies are very good to swage the pa yneof the goute, after the whych done, it is necessary to go about the comforting of ioyntes and sinowes, and to that intent ye maye applye the grese of pyes, oyle of camomyl and of althea or holihocke, oyle of a fox oyle of earthwormes, oyle of prymroses, turbentyne, oyle of gromel brayde, wherwithall, or with one or two of the ye may annoynt the sore place, and cõfort both the synowes and the ioyntes marueyloully. Also this oyntment that foloweth is singuler good for the same purpose.

Take fyue or syxe handfulles of walwort and seeth them well in wyne,

then

then strayne them, and wyth a lytle waxe, oyle of spike and aqua vite: make an oyntment wherewith ye muste annoynt the place mornyng and euenyng euery daye.

¶ An other oyntment for the goute.

Take a fatte goose, and plucke her, and trymme her as yf she shulde be eaten, then stuffe the bellye within wyth two or thre yonge cattes, well chopped in small gobbettes, with an handful of baye salte, then sowe her vp agayne, & set her roste at a small fyre, and kepe the dryppyng for a precyous oyntment, agaynst all kyndes of goutes, and other diseases of the ioyntes.

¶ Medicines for the goute appropriate in all cases.

Take cowes donge, and seeth it in swete mylke, and laye a playster to the goute hote.

Also the yolkes of egges, womans mylke, lynesede, and saffron all togyther

ther in a playster, swageth the diseases of the goute.

And yf ye be disposed to breake the skinne, and to let the humours issue (as by suche manye one is eased) ye shall make a lytle playster of blacke sope, and aqua vite, which wyl blyster it wythout any great payne.

Also very olde harde chese cutte and sodden in the broth of a gambon of bakon, and afterward stamped with a lytle of the broth, and made in maner of a playster, is a singuler remedy for diseases of the goute and was fyrst practised of Galene the prince of all phicitions.

¶ A prayer to God for helpe, agaynst the perturbations of the mynde.

O Lorde my God, almyghtye father and ruler of my lyfe, my health, my strength, my redemer, and protectoure, sende vnto me the heauenlye beames

beames of thy holy spirite, to illumine the darkenesse of my synfull herte, and to guyde me to thy holye place. Shewe me the light of thyne aboundaũt mercy (O Lorde) that I may no lõger sleape in deedly synne. O only father of lyght which in very dede dost lyghten euery man that commeth into this worlde, for thy great mercyes sake it maye please the, to lyghten the eyes of myne herte, and to endue me wyth the spyryte of grace, that I maye loke vppon myne owne synne, the greate offences wherewith I haue offended the, and to know þ in my selfe there is no maner strẽgth, for to wythstande the death, but onelye through the. And I beseche the o Lord, to couer these my carnall eyes, that they se no vanitie, & gyue me thy grace, that I fall not into concupiscence, to thende I may eschewe all euyl thynges, and gyue my mynde holly to the obseruacion of thy cõmaundementes. Lord God I beseche the, that syn maye neyther raygne nor tary in me, and that I be not subiecte to myne owne

fleshly

flesshly appetytes, but that I may expel out of my thoughtes all vnlawfull lustes, so that my soule and al my minde, maye be set holly vpon the. Lorde God suffre not my soule to be oppressed, but receyue me into the protection of thy holy hand, and despise not me thy simple creature, whom thou hast redemed with the precyouse blood of thyne only sonne Jesu Christ. Thy mercy O Lord is aboue all that thou haste made, for thou doest differ the punyshmēt of the wycked, yf perchaunce they wolde amende at last, thou louest all that thou hast made, and hatest none but for their owne iniquities. And whē the wicked turne agayne to the, and crye vnto thy holye name wyth all theyr hertes by & by thy mercy is ready to receyue them, euen as I moost detestable synner come wyth hert cōtryte vnto thy mercy this daye: that I maye obtayne remission of my sinnes, To the I crye out of the very depth & botome of myne hert, go not awaye from me my maker & redemer, but heare the supplicatiō of my prayer

For thou art myne onelye hope & myne enheritaunce in the lande of lyuers. I haue synned. I haue synned (O Lorde) and heaped vp iniquitie euen agaynst heauen, and afore the. But I knowledge myne offences, and desyre mercye accordinge to thy goodnesse. Destroy me not (O Lorde) amonge synners, nor let me not descend into the lake of death, that I vnworthy creature being made worthy onely by the bountefulnesse of thy grace, may from henceforth lyue in thy commaundementes, loue, honoure, and prayse the. For all heauenlye powers, angels, thrones, and dominations, laude and prayse thy holy name worlde without ende. Amen.

¶ Thus endeth the Regiment of lyfe.

The preface.

¶ Here beginneth a goodly brycke treatyse of the Pestylẽce, with the causes, signes, and cures of the same: cõposed, and newly recognised by Thomas Phayer studious in Philisophie and Phisicke, to the ayde, cõfort and vtilitie of the poore.

¶ To the good reader a preface of the authour.

After that god almighty, father & creatoure of all thynges, had by hys vnsearchable prouydẽce, ordeyned mankynde to eternal felicitie, and ioye at the beginning, he thought it not ynough to haue created him of nothynge, a bodye mooste excellent, perfect & pure both in mẽbres & sẽses, aboue all other his creatures here in earth, but also of his inestimable goodnesse endewed him with dyuers and sondrye gyftes of grace, as wyt, vnderstandyng, mynde and reason,

ſon, wherby he myght not onelye (as nere as is poſſible) approche vnto hym in the knowledge of hys heauenly maieſtye (as concernyng ſoule) but alſwell ymagine, ſearche and fynde oute, by all maner wayes, aydes, comforꝛtes and remedyes, whereby alſo the body myghte be ſaued and defended, agaynſte all aſſaultes of any thyng that ſhulde anoye it: ſo bounteous and plentyfull are hys giftes implanted in our nature, that of all creatures we myghte haue bene the happyeſt. But after that ſynne had entred into the woꝛld, and by ſynne deathe (as ſaynt Paul ſayth) our coꝛrupte lyuynges haue made vs moꝛe coꝛrupte, ſo that nowe the lyfe whych we leade here is not only not very pleaſaũt vnto the mooſte of men, and yf it be to ſome, yet it is vncertayne, mutable, and ſhoꝛt, but to many other it is exceedyng greuous, ſoꝛowfull, and tedyous, ſubiect to diſeaſes, infoꝛtunes, and calamities innumerable, which foꝛ the mooſt part done encreaſe dayly, euer the iuſt vengeaũce

of

of God fallyng vpon vs for our greate abhominatiõs, and without doubt wil euer more endure, vnlesse we do repent, and lyue in hys commaundementes.

And to passe ouer all the hole swarmes of so manye, bothe olde and newe diseases, wherwyth the bodye of man (alas for our synnes) is contynuallye tourmented and vexed, to speake nothynge of these cõmon and familier infirmities, as lepryes, agues, cankers, pockes, goutes, palsyes, dropsyes, reumes, phtysis, and other oute of nũbre, whych as yf they had cõspyred to fight agaynst Philitiõs, can scantlye be appeased wt anye cure of medicyne, what payne or punyshmẽt can ther be ymagined to put vs in remembraunce of oure owne wyckednesse, cause vs to detest our abhominable liuynges, & to call for mercye wyth lamentable hertes, more then this only plage & scurge of god cõmonlye called ỹ Pestilẽce. Is there any sykenesse ỹ is halfe so violẽt, so furious and so horryble, as this sykenesse is:

What disease is there in the worlde, so venemous in infectynge, so full of paine in suffrynge, so hastye in deuourynge, and so dificile in curynge, as the plage is? And yet are we now adayes, so stubburne and so frowarde, or els so drowned in the myre of fylthy and carnall appetytes, that we nothynge do regarde these open and manifest tokēs of our condempnation in the syght of God, but apply our hole studies to perseuer in our sinnes euer worse & worse, wherfore it is no maruayle though the sayde disease encreaseth, but rather to be feared, that almyghtye God wyll poure hys indignation vpon vs, with some other kynde of plage, more vyolent and terrible then thē same is.
But to them that doo repente, and put theyr onelye truste in hym, who can do but wonder at his infinite benignitie, and goodnesse, that euen in the myddest of all the sayde afflictions, prouydeth them of remedyes, lest they shulde dispayre: cureth and amendeth all their

greuous sores, lāguours & diseases, he created medicine euen out of the earth: & of the wyse man it shal not be despysed. And surely amonges al other sycknesse is there none so daūgerous, as is the forsaide plage for any man to cure, by the waye of medicine, for it turneth it selfe in so many maner of kindes, lyknesses & fashions, that they ꝑ are infected, are many tymes deed, afore it can be knowen, ꝑ they haue ꝑ same disease. Whych thinge although many noble & mooste excellent learned men, haue in tymes past worthely conspyred, & therupon accordyng to theyr singuler knowledge & industryes gyuen to them of God, haue writtē vpō ꝑ causes, signes & cures of the sayde disease, so exactly, so lernedly, & with so great eloquence, & cunnyng, that there semeth nothynge either to be omitted, or possible to be added, to the perfecte curation of ꝑ same, & so it wolde be harde for a man of my slender witte, to inuente the thyng that they haue not inuented, moche more in

vayne shulde I go aboute to wryte the same thinges that they haue written al redye: Yet notwithstanding forasmoch as this disease when it ones beginneth infecteth none so moche, as the cõmon people, among whom it is not gyuẽ to al men, to vnderstande the forsayd volumes, yf they had them present, moche lesse can they get theyr health by theyr owne ymaginacions or experimentes, specially, whẽ almost no phisition will vouchesafe to visite any suche infected of the cõmon sorte (so great is the daũger of this cruell syckenes) by reason wherof, the pacientes cast them selues often times into despeyre, and so many of ỹ poore people creatures of god, whiche by good medicines myghte well ynough recouer for lacke of such knowlege, are vtterly destroyed & cast away, to the great pitie of all christen hertes, contynuall ruyne of the cõmon weale, wyth diuerse other greuous & huge incõmodities, as is dayly sene where the sayde dysease raygneth.

Wher-

I therfore at ꝯ reuerence of almighty god, and for the loue ꝯ I beare vnto myne euen christen, accordyng to the talent wherwith ꝯ lord hath endewed me, vnder the correction of my frendes ꝯ phisicians, haue taken out of dyuers & sondry volumes, of the most famouse authours, that haue most exactly wryten of the sayd disease, one peculyer certen and compendiouse treatise, addyng therevnto suche holsome and syngulce remedies, as I my selfe haue proued & knowe to be effectualle, in curynge of the same.

Desyryng god almyghtye, the onely authour and restorer of al health, so to guyde the hertes of his suppliauntes, that the sayde medicines maye take effecte in them accordynge to his gyftes, and as for my labour, I do nothing desyre, but the loue and fauour of the gentle readers, whom I praye god continuallye to encrease in all goodnes.

¶ What

¶ What is mente or signified by this woorde pestilence.

Estylence is none other thyng but a venemous infectiō of ꝑ ayer, enemye to ꝑ vitall spirites, by a certayne malicioulse and euell propertye (& not of any quālity elemental, that is wythin it selfe.

For euen as pure triacle is a cōforter of lyfe not bicaulse of heat, cold, moystnes or drynes, but for as moch as oute of al his cōpositiō there redoūdeth a certayne fourme agreynge to the forme of the vital spirites of our body, so is the forsaid vapour enemy to our natures not for any qualitie as is sayde before, but for ꝑ, ꝑ his proportiō is directe cuē cōtrerye to our vital spirites, cōsisting in ꝑ harte, which vital spirites, yf by ꝑ wil of God, & ordynary dyet, be strōger in the paciēt than ꝑ forsayd vapour is they dryue it frō the bodye & wil not be infected.

infected. And yf it happē that ꝑ forſaid ſpiritcs be weaker thā the venym or the bodye ful of humours apte to putrefaction, than it doth incontinent aſſaute the lyuelye membres, and excepte remedye, bringe the body quyckelye to deſtruction. But when we do ſaye the vapoure to be venemouſe, we meane not that it is a poyſō of it ſelfe in deede, for thē ſhulde eucrye creature be indifferētlye infected, & none ſhulde eſcape that drawcth it in breath, but I cal it venymouſe, for that it is of ſuch a naughty qualitie that it may be lightlye conuerted into venyme, that is to ſay apte to burnynge and coroſion, as do mercury ſublymed, quicke lyme or ratten bane, & other ſuche lykē kyndes of venyms.

Thus ye maye perceyue that all the great daunger ꝑ is in this diſeaſe commeth of the noughtyneſſe of humours, which are made apte to receyue the ſaid vapours, and not by violence of the infected ayre nelye.

Of the. iiii. rotes. or causes principal of the sayde disease, wherof it doth arise & grow, & why it raygneth in one tyme, more then in another.

The fyrste roote superior and cause of the pestilence is the wyll of god, ryghtfully punyshynge wycked men, of whyche roote the holy scripture treateth in manye places, as in Deu. the. xxviii. chapiter. If thou wylte here the voyce of thy Lord God, and worke and fulfyl all hys commaundementes, the which I cōmaund to the this daye, thy God shall make the more excellent then all the people that be vpon the earth. &c.

And in diuerse other places, he gyueth manye blessynges to thē that kepe hys lawes.

And likewise to the people rebellyng and breakyng hys commaundementes, he

he thretneth many curſes, as where he ſayth.

If thou wylt not heare the voyce of thy Lorde God, to kepe and worke all hys commaundementes, whyche I cō-maunde the thys daye, there ſhall come vpon the theſe curſes, and catche the. Thou ſhalte be curſed in the citye, and in the feilde, thy barne ſhall be curſed, thy kyuynge ſhal be curſed, the frute of thy wombe ſhall be curſed, the frute of thy grounde ſhall be curſed, the heardes of thy ſheepe and thy cattel, ſhall be curſed, thou ſhalte be curſed at thy com mynge in, and curſed at thy goynge out. Alſo a lytle after he ſayeth. The Lorde ſhall ſoyne to the the peſtilence, til he hath conſumed the out of the erth. to the which thou ſhalt go to take poſ-ſeſſion. The Lorde ſhal ſtryke the with pouertie, feuers and colde, burnynge, and heate, and wyth a corrupt ayre. ꝛc.

Alſo in an other place. The Lorde ſhall ſtryke the wyth the peſtilence of Egypte, and the parte of thy bodye by

the whyche thou auoydeste thy donge, wyth a scabbe and ytche, and shalte not be able to be cured thereof, and let the heauen that is ouer the be as harde as brasse by cruell constellations, and the earthe on whyche thou doest treade, be lyke yron that euer wasteth, & waxeth worse and worse.

There be manye other maledictions whyche our Lorde hath threatned the rebellyous people wythall, expressed in manye places of holye scripture, but these may be sufficient as touching our entent, to shewe that manye tymes the cause of this disease is the vengeaunce of almyghtye God, ryghtfullye punyshynge men for theyr offences.

¶ The seconde roote of the pestilence, whyche doth depende of the heauenlye constellacions.

Now

NOwe that we haue ſpoken of the fyrſte rote ſuperiour of the whyche thys diſeaſe proceedeth, it is alſo conue=nient, that we declare ſom=what of the ſeconde roote or cauſe ſu=periour, that is to weete of naturall in fluences of the bodyes abouc.

And ye ſhall vnderſtande, that accor=dyng to the ſayinge of Marſilius fici=nus (a man of excellente knowledge, & no leſſe learnynge) in hys boke De tri=plici vita, & in an other whiche he wry=teth alſo of the peſtilence: that amonge al other heauenly bodyes, there be two bodyes called euyl and malicious, that is Saturne and Mars, whiche often=tymes by theyr vnholſome influences, are cauſe of manyfolde infirmytyes, ſpecyallye of the peſtilence. Saturne through colde, and Mars by exceſſe of heate. Saturne thorough colde, is the cauſe of reumes, of ꝑ leprye called ele=phãcia, & al diſeaſes commyng of colde matter.

Mars

Mars by reason of hys heate, bryngeth forth feuers pestilencial, spittyng of blood, water vnder the mydryfe, and the pleuresye, the whyche is a disease engendred lyke an aposteme of cholerycke matter in a thycke pannicle, or filme vnderneth the rybbes.

A prouident phisicion amonge many other thynges ought to cōsidre, the entring of the sūne into Aries, by true equacion of the houses and planetes, for that influence hath more domination, then haue al the other influences of the hole yere besyde, excepte the superiour coniunctions of the planetes, or els some greate eclyps. And thys entringe of the sunne into Aries, passeth al the entrynges of the sūnne into anye other sygne.

Therfore you muste consydre howe the lorde of ♄. vi. house in the figure is disposed, for he is lorde of syckenesse, that is to say, you muste consydre whether he be impedyte or no, and yf he be impedyte, there shal be many syckenesses,

ſes, accordynge to hys nature and hys houſe, that is the. vi. houſe, as by exã=ple thus.

Be in caſe that Saturne is the lorde of the. vi. houſe, and ſome earthy ſygne is in the ſame houſe, then mooſte com=monlye the ſyckeneſſe of that yere, ſhall be of lyke nature, that is colde & dryc.

And ouer thys thou muſt conſyder, whether that the lorde of the. vi. houſe hath any aſpecte wyth the lorde of the houſe of death, or the lorde of the houſe of death to hym, then mooſt commonly the ende of thoſe ſyckeneſſes that are colde and dryc ſhalbe death.

And lykewyſe as it is declared of the entrynge of the ſunne into Aries, ſo it muſt be ſayd of the coniunctions of the ſunne and moone, thorough al the yere, markynge euer the nature of the pla=net beynge in the. vi. houſe, yf there be any, and the aſpectes to thoſe two hou=ſes aforeſayd .ꝛc.

Alſo he muſt conſyder, whether thys entrynge of the ſunne into Aries, or a=

nye of the coniunctions of the luminaryes, be in the eyght house or no, for the it shulde be moche worse.

And note, that yf the eclypse of the sunne or moone, be in any of the angles of the natiuitye of any person, or in any of the angles of the reuolucion of hys natiuitie, then he shal suffre syckenesse accordyng to the nature of the same angles. And yf the sayde eclypse be in the myddeste of heauen, he shall suffre hurte in hys honoure and fame, and yf it be in the ascendent, he shal be greued in hys bodye, and so forth of other houses, but it shalbe the worser, in case the eclypse be in the ascendent, specially yf it be the eclypse of the sunne, for ꝑ is the more daungerous of the two, for almuch as ꝑ effecte of the eclipses of the mone, is alwayes fynyshed in the space of one yeare at the mooste, sometyme in lesse and for the mooste parte in three monethes. But the effect of the eclipses of the sunne, is very longe or it come to passe, sometime, xii. yeres, as wytnesseth

Pto-

Ptolome in hys centiloquio.

The Astrologians take the iudgement of the yere, by the entrynge of the sunne into Aries, in the fyrste minute, & yf it then happen that all the vi planetes be in the eyght house, whyche is the house of death, they saye that yere shall ryse a pestilence, and diuers other sicknesses, accordyng to the nature and cõdition of those planetes.

And yf the moone in the same entrynge be nere vnto the coniunction of ỹ sonne, as somtyme happeneth, within. ii. or thre or foure degrees, that yere shalbe a death and pestilence vniuersal, and that shortly after that coniunction specially at the commyng of the moone and the euyl planetes to infortunes, & as the infortunes be, the effectes shall so appeare, be they more or lesse.

Furthermore, ye muste consydre the great coniunction of the. ii. hyer planetes, as was ỹ coniunction of Saturn and Iupiter, the yere of our lorde. M. cccc. xx. in the laste daye of August, &

ỹ.xiii. degre of Scorpio: which cõiunction chaunged from an ayre triplicitie to a watry, & it was in a watrye sygne, whereof there chaunced verye moche rayne, & therupon folowed the excessyue humectation or moystyng of mannes bodye, whyche by and by turned to putrefaction, and therevpon ensued perylous & corrupte feuers, pestilences, and agues, specyallye byeause in the coniunction, Saturne was exalted, in the north aboue Jupiter, whyche Saturne is of yl influence.

¶ Of the thyrde roote or cause of thys outragious sykenes.

The thirde rote or cause being inferiour, is the stynch and fylthye sauours that corrupte that ayre whyche we lyue in, for we can not lyue without drawynge of the breath, & we haue none other breth but of ỹ ayre rounde aboute vs whyche yf it be stynkynge, venymous and corrupte, and we by

by neceſſitie drawe the ſame vnto vs, immediatly corrupteth & enfecteth the harte, & the lyuely ſpirites of the ſame, and after ꝓ ſuuadeth al the other membres of the body to enfect them in likewyſe, by reaſon wherof, is engendred a corrupte and venymous feuer of peſtilence very contagious to all that are aboute them, for the venymous ayer it ſelfe, is not halfe ſo vehement to enfect as is the cõuerſation or breath of them that are enfected alreadye, and that by reaſon of the agreynge of the natures, whyche is the verye cauſe why our bodyes be infected by contagyon of men, more then any other beaſtes.

¶ Of the fourth roote or cauſe of the ſayd diſeaſe.

THe fourth rote is, the abuſe of thinges not natural, that is to wete of meate and drynke, of ſleepe and watching, of labour and eaſe, of fulneſſe and emptyneſſe of the paſſions of the mynde, & of the immoderate

moderate vse of lechery, for the excesse of al these thinges, be almoste the chefe occasion of all suche diseases as raygne among vs nowe a dayes.

For al that of our meate and drynke, is not dygested, turneth anon to putrefaction and to euyll qualities.

And to muche slepe replenysheth the body wyth to great aboundance of humours, but ouermoche watchyng doth drye vp the naturall humidities.

And as watchyng doth, so doth immoderate labour, and as slepe doth, so doeth rest and ease out of measure, put the bodye in greate distemper, and maketh it apte vnto this sykncs, as is dayly seene.

And who so wil be ruled as becometh hym in thys case, shall neuer be lyghtly infected, and if chaūce be, he shall easely wyth a lytle helpe, ye sometyme by verye nature onlye, saue hym selfe and ouercome the sycknes.

Nowe seyng that the causes of this sayde disease be so great as is afore re-

hersed,

herfed, it is not to be wõdered, though the thyng it selfe be verye huge & dangerous, and of harde curation, wherefore sayeth Auisen in hys fyrste of methaphisykes (although he were no christian) we muste wyth good and vertuouse lyuyng mitigate the wrath of god and by continual prayers kepe our selues styll in the state of grace.

Therefore wolde I counsell euerye christen man, that is in dout of this disease, to cure fyrst the feuer pestilential of hys soule, calling for ꝑ holsome water ꝑ wel of lyfe, wherof it is written. Omnes sitientes venite ad aquas. &c. Whiche waters he onlye gyueth, that sayde to his disciples. Qui biberit ex aqua q̃ ego dabo illi: erunt i vẽtre eius aque viue salientes in vitam eternam. And this done vndoubtedlye the sycknesse of the bodye shall be the easyer to be cured.

And for bycause the other souerayne remedy preseruatyue is to fye the corrupte ayre, accordyng to the prouerbe,

Longe, cito tarde. Flye be tymes, flye farre, and come slowelye agayns.

¶ Yet for so muche as euerye man can not, nor is of ablitye so for to do, it is good for them to loke vpon thys lytle regiment, wherin wyth the ayde of almyghtye god the hye Philition, yf the venyme be not to outragyouse, he shall fynde howe to preserue hym selfe well ynough from it.

And for the better knowlege and vnderstandynge of thys treatyse, ye shall knowe ꝑ it is deuided into .ii. partes.

¶ The first is of the maner to preserue a manne from the pestilence only by dyet, in suche thynges wythout the whyche, one can not ꝛe longe alyue in healthe

¶ The seconde treateth of the cure of the sayd disease by the waye of holsome medycine.

¶ The fyrst parte is distribute into .vii lytle chapters.

¶ The fyrste chapter treateth of the election of the ayer.

¶ The.ii.of meates and drinkes.
¶ The.iii.treateth of ſleappynge and of wakynge.
¶ The fourth treateth of exercyſe
¶ The fyfth of emptynes and fulnes.
¶ The ſyxte ſpeketh of the accidentes of the mynde.
¶ The.vii. of medicines preparatyue.

The ſeconde parte is deuyded in to.vi.chapters.

¶ The fyrſte howe to knowe whan a man is infected.
¶ The ſeconde of the cure of the peſtilence by the waye of dyete.
¶ The thyrde of the cure of the peſtylence by the power of medicines.
¶ The.iiii.of cure thereof by letynge of blood,ventoſes,and purgations.
¶ The.v.of the cure of the ſame by outwarde applications.
¶ The.vi.howe to cure the botche called a Carbuncle,or Anthrax.

¶ The fyrſt chapter of the fyrſt parte,treating of the electiō of the ayer.

Although

Although the dispo sition of the ayer cold and drye, or els moderately moiste, be moche cōmenda- ble i the tyme of pe- stylence, yet there muste be moderatiō in the same, as well as in the. vi. thynges not natural here- tofore declared. For ye muste haue a good respecte vnto the complexion, the age, the custome of lyuinge, ꝑ region, cōpositiō of ꝑ bodye, stregthe, sycknes tyme, and many other thynges.

For some requyre an ayer more hote, than other some do, and lykewyse in o- ther thynges, the whyche I do remyt vnto the good discretion of euerye wel lerned man, and to suche other as haue any knowlege of naturall thynges. For the more suerty it is good for them ꝑ may, to dwell in hygh or hylly groun des, hauyng in the mornyng whan the sunne is vp, a wyndowe open toward the

the

ꝑ eaſt, & whan the ſonne goeth downe, an other wyndowe open toward ꝑ weſt and cloſe vp all the wyndowes on the ſouth ſyde, for that wynde is verye yll in tyme of peſtilence.

Alſo it is good to rectifye the ayre wythin the houſe, yf it be in ſomer, by ſprynklynge in the chamber vynegre, & water of roſes, if it be wynter or colde make a luſty fyer of elene wood, & put in it encence, myrre, laurel tre, or iuniper, or cypres, and in tyme temperate, myngle the hote thynges wyth ꝑ colde aforeſayde

Whyche ſprincklynges and burnynges, ye maye make at all tymes whan ye wyll, but ſpecially in the morynge, to correcte the vapoures of the nyghte.

I rede in Plotyne, that the egiptitians were wonte to fume their houſes and theyr bodyes in the daye wyth turpentiue or roſin and in the nyght with mirre caſte vpon the coales and ſo reſiſted al venymous ayres & contagions.

The fyrſte hathe ſo greate vertue a-

gayn ſt

gaynst the pestilence, that we rede how Hypocrates preserued the hole cõtrye and citye of Athenes, by makynge of greate fyres in the stretes, and al about the towne by nyght, and so delyuered them from the certayne death þ shulde haue comen amonge them. For whyche cause the citizens of the sayde towne, made vnto hym an ymage all of golde, and honoured hym alyue as yf he had bene a god.

And it is good in hote time, to strowe the chambre ful of wyllowe leaues, and other fresh boughes, which must be gathered after the sunne settyng, & lay about your bedde & windowes, vine leaues, quinces, pomegranades, orenges, lymons, citrons, and such other frutes, that are odoriferous, as roses, floures, of nenuphar, violettes, and other lyke.

And in 'colde tymes, take sage, laurell, minte, wormewood, nept, bawme, rue, and galingale, whyche thynges ye maye sometyme cary aboute wyth you in a cloth to take the ayer of them.

And

And in tyme of heate, tẽper a sponge or a cloute in water of roses, and vynegre. And in tyme of colde ye maye adde to it a lytle cinamome, and thus he that is disposed to haue precious sauours, as pomeaunders, or other such may cõpose them accordynge to necessytie, & as ꝑ complexiõ of hys body shal requyre.

Alway takyng hede ꝑ womẽ whiche are with chylde, and they that haue the suffocation of the mother or els catarres, take no such odour, as shal put thẽ selues to any daunger, or displeasure.

In a colde tyme it is good to holde in the mouth, zedoary, cnulacampana, cynamome, cloues, the rynde of a citron lignum aloes, or any one of them. But yf the season of the yere be hoote, then take corianders prepared, graynes of paradyse, saunders, seedes of orenges, or of lymons. And in tẽperate wether, myngle the one with the other. But it is good in all tymes, to bere aboute you precious stones, (yf ye haue them) specially a iacincte, a rubye, a garnet,

an

an emeraldc, or a saphyre, whyche hath a speciall vertue, agaynst the pestilence, and they be the strōger, yf they be borne vpon your naked skynne chyefly vpon the fourth finger of the left hand for that hath greate affinitie wyth the hart aboue other membres.

And as touchynge them that are cōtynually amonge the syeke of thys disease, they muste take hede in any wyse, to kepe them from theyr breathe, and that they do not stande betwene them and the fyer, nor receyue the odoure of theyr swettes, vrynes, vomites, and other excrementes of the bodye nor to eate and drynke with them, nor in their vesselles, nor to lye in theyr couches, nor weare any of theyr apparell, except they be well ysonned, or wethered in ỹ cleane ayer.

It is also good to flye from all places that be corrupte, or stynkynge, and to kepe the stretes & houses very swete and cleane. And the rulers ought so to prouyde, that no filthy donge, nor anye

deade

deade caryons, be caſte into the ſtretes, for that ſhulde ſore enfecte the ayer, & bryngc many men to death. And during al the time of thys diſeaſe, there ought to be no hote houſes vſed, but forbidde and locked vp, tyl ſuch tyme they ſe no further daunger.

¶ The ſeconde Chapter, of eatyng and drynkyng

The meates oughte to be of very lyght digeſtiõ, more ſomer thẽ i wynter, hauing alwaye an eye vnto the cõplexions, cuſtomes and other thynges aforſayde.

The houre what tyme ye ſhal receyue your meate, is when your appetyte cõmeth vpon you, after the fyrſt digeſtiõ made. Greate repletion ought to be abhorred, but a ſufficient meale is verye holeſome. Neither is diuerſitie of meates alowed of anye phyſike, but yf ye wyll haue diuers ſortes, then begynne wyth

wyth them that are the lyghtest to digest, and that best nourisheth the body.

Your breade muste be of pure corne kepte in good ayer, and not fusty, mete lye well salted, wyth sufficient leuen, & baken in a place where none euyll ayer is, and it must be of a daye or two dayes olde, or there about,

Wheate is beste amonge al other cornes, euen as wyne amonge all other licours, although the barlye breade be good for thē ẏ minde to kepe thē leane.

Meates of euyll taste, after they be longe dead, and stynkyng fyshe in lyke maner, and the fattes of all fyshes, and meates ẏ haue ben twise sodden, thicke wyne and troublous, or otherwyse corrupte, waters of marishes, and blacke groundes, and al such corrupte meates and drynkes, be very peryllous.

But good wyne, sauoury, and cleare and good meates taken wyth an appetyte are cause of health, and preseruation from the pestilence.

Vinegre is a noble thyng in tyme of pestilence,

tion from the peſtilence.

Vinegre is a noble thyng in tyme of peſtilence, yf ye haue none other impedimět to let you to receyue it, & ye may correct it, according to the nature of ỹ cauſe, in ſuche wyſe, as may be comfortable to the vital ſpirites of the harte.

Borage and buglo ſſe, are very good preſeruatyues in this caſe, and ſo is a lytle quantitie of ſaffron, ozenges, lymõs, pomgranades, citrons, prunes of damaſke, and other ſuche, in good conuenient quantitie, addynge to them a lytle ſuger, and cynamome for correction.

A nutte is called the triacle of fiſche, ſhaled & ſugered wyth a lytle roſe water, and as ſayth Iſaac, a nut & a fygge drye taken afore dynner, preſerueth a man from al maner of poyſons.

¶ The thyrde Chapter, of ſleepynge and watchyng.

TO moche slepe engendreth many humours in ꝑ body, specially if it be i the day tyme, & it dulleth ꝑ memory, and maketh a mā vn lusty & apte to receiue ꝑ pestilēce. Therfore created almyghtye God ꝑ nyght, wher in we shulde rest, & the day for to kepe vs wakyng ꝑ we fal not ito synne and slouth. Surely to slepe on ꝑ daye tyme is exceadyng hurtfull, for whē the sūne ryseth, he openeth the poores of the body, and bryngeth the humours and spirites from within, to the outward partyes, whyche prouoketh a man to watchynge, and exercyse or worhes.

And contrary wise when the sunne goeth downe, al thynges are closed and coacted, whyche naturally prouoketh a man to reste.

Moreouer, the stomake by the vehement heat of the day is naturally dilated and spredde abrode, so euer agaynst nyght,

nyght, by reaſon of the auoydaūce of ȳ ſpirites it waxeth ſomewhat feble, and when the nyght commeth, requireth to haue quyete, whereby it maye acquyre moze plentye of ſpirites foz the noury-ſhynge of it ſelfe.

And therfoze whoſocuer waketh in the tyme of ſlepe, oz ſlepe whē he ought to wake, he peruerteth, and hurteth not onely hys memoryе, ⁊ al hys other ver-tues of the mynde, but alſo manye ty-mes ſhal engendre apoſtemes, catarres, reumes, agues, palſyes, ⁊ many other greuous ⁊ naughty diſeaſes in ȳ body.

Alſo ye muſt take hede, ȳ ye watche not to muche, foz thereof cummeth dry-neſſe of the brayne, ⁊ many other ſycke-neſſes, that melancholye bredeth. But he that is vſed to ſlepe very moche, and can not abſtayne in anye wyſe, let hym ſlepe in a chayre, oz elles ſyttynge in a place that is colde, but not lyinge, yf he loue his health.

¶ The Fourth Chapter.

of exercyſe.

Moderate exercyse or labour is verye necessarye to the preseruynge of healthe, according to euery mānes age, custome, cōplexiō, strēgth & such other, so it be done i the mornynge, and at euen, before anye meate, and in a place of good ayer, and not infected with corruption.

Auicenne sayth, that he onely ought to abstayne from labour, that nothyng regardeth the health of his bodye.

And Galene sayeth þ exercyse quycketh þ vertues natural, animal, & vital.

And Rasis telleth of a great pestilence, wherin there were very fewe saued, because they liued ydely, and wold do no labour.

Finally defaute of good exercise is oftentymes the cause that manye dye sodēly, afore they fele thēselues sick, &c.

¶ The. v. Chapter. of emptynesse and fulnesse.

It

IT is holesome for you, euery daye ones to procure ẏ duety of the wōbe yf ye can not naturally, yet at ẏ leste wayes seke some other meanes, as by a glisteror suppositorye, for the lōge wythholdynge of anye superfluytyes, is in this tyme very daungerous & hurt full. And all the tyme the sayde disease endureth, they that haue any fistules, ought not to be cured.

And they that haue anye yssues by their hemoroides, maye not be restrayned without the fluxe be sore excessyue, & they that had the forsaid hemoroides and were cured afore, let them open thē agayne, for feare of further daunger.

Also they ẏ are disposed to be scabbye, hauyng great ytche, and suche diseases of the skynne, ought to bryng the matter out by rubbynge, and vehement clawynge wyth theyr nayles.

Excesse of women, is exceadynge peryllous, but yf ye can not rule your

selfe, take good hede, ye do nothynge a-
foze the fyzste digestion, and tyll nature
doeth pzouoke you, foz euerye suche ex-
cesse weakeneth moze the body, then yt
ye shulde be let blood. xl. tymes somuch
as wytnesseth Auicenna, & is cause ma-
ny tymes of pestilence, and of death.

¶ The. vi. Chapter, of acci-dentes of the mynde.

E must beware of al thynges that shulde make you to be pen-sife, heauye, thought full, angrye oz melan cholycke, foz all such thynges are ynough to enfecte a man a-lone.

Passe the tyme ioyfullye in good thin ges honest and decent, euerye mā accoz-dynge to his owne herte, and the estate that God hath called hym vnto.

¶ The. vii. Chapter, of medi-cynes pzeseruatyues.

AL they ẏ are of good cõplexion and of holsome diete, nede not to be purged. For an hole body and voyde of all humours, is not lyghtlye taken of the pestilence, as the other are.

But yf it be a bodye full of humoures, or a great eater without any exercyse or trauayle, such ought to let them selues be purged, and they that haue to moche quantitie of blood, or yf ẏ blood be anye thynge corrupte, they ought to aske counsayl of some good expert phisicions, and not to put theyr trust in anye vayne bosters that detracte other, whyche in all cases and at all tymes, gyue them mercury precipitant, and other medicines corrosiue, which for the moost parte are venyme of them selues and vnder colour of an other medicyne do disceyue the pacient, a wonder to beholde, how craftely they couer it, some tyme in syrupe, sometymes in sugre, o-

therwhyles in tygges, lozenges, oz ra
tyns, leste it shoulde appeare (as it is in
dede) that they gyue the pacientes very
quyck tyluer. Some other affirme that
the mercurye is quenched, oz thzoughly
mozti fyed, & wozketh none otherwyse
but by secrete qualitie agaynst all dis-
eases in the bodye of man, foz the ex-
cesse of elementes saye they, is clerelye
cozrected in pzecipitacion and adustion
of the fyze. How commeth it to passe (if
this be true) that when a lytle of it is
set vpon a cole and a pece of fyne golde
adioyned to it, we may se playnely the
very quyckesyluer, cleuyng to the gold
and wyll make it as bzittle as yf it had
lyen in very rawe mercurye: Yea howe
chaunceth it that when it is mengled
w̄ hote creame, it wyll be crude agayne
as it was afoze. And to saye the truthe
the quycke syluer rawe, is better to be
dzonken, then suche as is sublimed, foz
that hath ben permytted, both of dios-
cozides and of dyuers other: But we
neuer red of any good phisicion that e-

uer

uer gaue counsel to take the precipitate bycause of the copporose and other venymous ingredience being with it.

And although that for the tyme peraduenture some escape, & fele not theyr effect in dede as many other do (that is to saye, debilite of the vertue radicall of the stomacke and other mẽbres principall, purgyng of the good humours & leauynge the euyll within the bodye, wherof ensueth tmanyymes death) yet they leaue a certayne euyll qualitie or impression of the bodyes in all that do receyue them, and so they make worke for good phisicions, to the greate hurte of them that haue beleued them.

Suche galaũtes shulde go proue their pouder made of quycke syluer, amonge the Turkes and Sarysins, & not vpon theyr euen chrysten, and theyr neyghbours. But now to our entent.

The pylles called pillule cõmunes, aboue other pylles preseruatyues, are alowed to be of hyest operation, by reason of a certayne propertye that they haue

haue within them, as Rufus the compoſer of them ſayth, that he neuer ſaw anye man that vſed them, but he was preſerued from the peſtilence.

There goeth into theyr compoſition myrre and aloes, which haue great vertue to kepe the body from putrefaction and are made thus,

Take of aloes epatik wel waſhed. ii drammes, myrre waſhed, and ſaffron, of eche a dramme, make them vp wyth whyte wyne, or the iuyce of lymons, or of orenges and ſugre.

Some take them euery thyrd day, the weyght of halfe a dramme, in the mornyng. iii. pylles, and euery daye one afore ſupper. Let euery man do accordīg to his nede, and as his bodye is replete with humours, but it is good to drinke after them a good draught of wyne, tēpered in a lyttle water of roſes, or of wormewoode, and yf they be to harde, let them be reſolued in the ſirupe of lymons, or a lytle wyne.

Some doctours ioyne vnto them o-

ther

ther spyces, after the cõplexion of the person, and the humour that they nede to purge. And they wash the aloes and the myrre, in an hote season, & for hym that hath an hote lyuer, in water of roses & of endiue, but in that let euery mã be his owne iudge, yet I wolde counsell them to stycke rather to the good experimentes ỹ haue ben accustomed, thã ỹ fantasies of their owne ymaginaciõs

The Apoticaryes ought to haue in store both the two sortes, and to se that they be sufficiently leuened, and that ỹ foresayde aloes be elect and pure

They whiche haue the hemorroydes & wolde vse the foresayd pilles, let them adde a lytle mastyke, or the gũme that is called bdellium. Yf any haue a bloodye flure, or excoriation of the bowels, let him not receyue them without a better counsell. Women also greate with chylde, and they that are subiect to any flure of blood, ought not to receyue thẽ

Amonge other thynges it is a good preseruatiue, and a thynge well expert

and

and commended, to eate in the morning fastynge one drye fygge, one walnutte, and four or fyue leaues of rue, chopped all togyther, and afterward to drynke a draught of good wyne. But it shal be sufficient for them that are with chyld to take ꝑ said thīges, leuing out ꝑ rue.

In an hote season, it is good to temper the sayd wine with a lytle rosewater or of violettes. Some other take, v houres afore dyner, thre tymes a weke, the weyght of halfe a crowne of mithridatū, or of fyne triacle, tempered in a litle good wyne. But in tyme of heate, & for hote complexions, it is good to put in it a lytle conserua roses, and to mengle them with water of sorell, or of borage, or of buglosse.

Mithridatum is a greate medicine agaynste all kynde of venymme, for we reade that the founder of it, kyng Mithridates, who dyd vse to eate thereof could neuer be hurt by any kind of poyson. The same Mithridates beinge ouercome in battayle of the Romaynes, wolde

wolde haue kylled hym ſelfe wyth the mooſte ſwyfteſt poyſon that coulde be deuyſed, but whē he had dr̄ōken many ſoꝛtes of ſuche, & neuer a one wꝛought any thynge to purpoſe, he cauſed hym ſelfe to be ſlayne of his ſeruaūtes, after whoſe death Pompeius, the graūd capitayne of the hooſte, founde in hys ſecret coffers, a certayne byll wꝛytten of his owne hande, in effecte thus.

Twentye leaues of rue, two fatte fygges, two walnuttes, and a lytle ſalte, whoſoeuer eateth of thys ſhall be ſure from all kynge of venyme that daye.

The good triacle alſo hath a greate vertue, but there ought to be a punyſhmēt of them that do abuſe it with counterfayted ſtuffe, which deceyueth many people, and cauſeth them to dye, that put theyꝛ truſt in it.

Some other take in tyme of colde, a cloue oꝛ.ii. of garlyke, whiche is called the huſbandmans triacle, & after dr̄ink a dr̄aughte of good wyne, and in hote tyme take and eate a fewe leaues of ſoꝛrell,

well, and drynke a draught of the wa-
ter therof distilled, for it is excellent
good in all complexions, tymes & ages.
Also it is good to drynke euerye mor-
nynge a draught agaynst the pestilence
that is thus made.

¶ A drynke for the pestilence.

Take in the moneth of June or at any
other conuenient tyme, our lady thystle
burnet, scabious, gentiane, sorel, of eue
ry one a lyke moche, flources of bugloss
redde roses, herbe dragons, and matfe-
lon or morsus diaboli, twyse as moche
as all the other, stepe them all in whyte
wyne & rosewater, durynge one nyght,
then set them all in a cõmon stylla tory,
waying in for euery pounde of herbes,
halfe an ounce of bole armenic poudred
augmẽtyng the proportion, accordyng
to the quantitie of the herbes, then styl
a water, and for euery pynt of it, take ỹ
weyght of a crowne of saffron, halfe an
ounce of yelowe saunders fynely pou-
dred, and put them all in a violle wyth
the forsayde water stopped, and sette

them

them in the ſunne one moneth. This is a noble water for a mā whyche hath the peſtilence, to drynke.

And he that wyll, may put a lytle ſugre, and poudre of cinamome in it, that it may be more pleaſaunt in the taſte. He that can not fynde the ſayde herbe called matfelon, or morſus diaboli in latine, let hym take ℈ double weyght of dragons. It hath a roote as it were halfe eaten of by the myddes, and it is ſo called, bycauſe the fable is, the deuyl byt it of, for thenuy he hath to man, leſt we ſhoulde obtayne the greate vertues of the ſame.

The horne of an vnicorne put in the drynke, hole or in pouder, hath a great effecte agaynſt the ſayde diſeaſe, and agaynſte all kyndes of poyſon.

Here folowyth a very good preſeruatyue for the cōmon people, redye at all tymes & of ſmall coſte.

Take an ounce of leaues of rue, halfe an ounce of good fygges, one ounce of

Jenuper

Juniper buries, two oũces of walnuttes pyked. iiii. ounces of vynegre, and a good quãtitie of saffron, stampe all the forsayd thinges togyther, and reserue thẽ in an earthen cuppe, or a glasse faste stopped, that no ayre yssue, whereof ye receyue in the mornyng vpon a knyfes poynt, the quantitye of a beane, or more, ye shalbe sure by the grace of god not to be infected in foure and twenty houres after.

¶ Another pouder for the same.

Take pure and electe bole armoniacke, not counterfayte, but suche as is wythout grauel, smoth, somewhat shinynge, and to the eye a farre of moiste lyke a verye stone, not to brytle, nor to hye coloured for such is commonly sophisticate. Take I saye the sayd bole armoniak, and grynde it vnto fine pouder, than washe it in whyte wyne or in rosewater, or water of buglos, sorrel, or wormewood, or scabiouse, afterwarde drye it and pouder it agayne, and do so

v.or.vi.tymes, euer walſhyng, dryenge and pouderynge the ſame, and at laſte ſet it vp in a cleane veſſell, tyll ye nede to vſe it.

When of hote complexion, yf they will receyue it, muſte take of it a ſponcfulle wyth vynegre, or water of ſorell.

And they that be of colde complexion, maye take it in a lytle wyne, or ſea water in the morynge. For it preſerueth the bodye, from all corruption, conſumeth the ſuperfluouſe humours, and dryueth awaye the venym from the herte.

¶ An other ſynguler remedye preſeruatyue for ryche men and delicate of cõplexion.

Take zedoarye, lignum aloes, agrimonie, ſaffrõ, ariſtologia rotunda, yf it may be gotte, whit diptany, gentian, the rinde of a citron, the ſeede of citron, of euerye one a ſcruple, corianders preparat, turmentyl, red ſaunders, red coral, red roſes,

yuorye, mirabolanes emblyke, of euerye one a dramme, terra sigillata, two drammes, bole armonyake. iii. drammes, pouder al these, and wyth fine suger, & syrupe of acetositate citri, make a noble electuarye, and kepe it as a treasure of mannes health, in the tyme of pestylence.

¶ An other souerayne & goodlye receyte bothe preseruatyue & curatyue.

TAke a hennes egge, newely layde, and make an hole in the crowne, by ye whyche ye shall drawe oute all the whyte thereof, and leaue the yolke within the shell, which done fyll the same egge, wyth good englysh saffron hole, as moche as maye be stuffed in the shelle, than drye this egge agaynst the fier, or in an ouen, whan the bread is out, so longe tyll the shelle be vtterlye blacke and brent, and the reste sufficiently bryttle and drye, make it in pouder in a morter, and adde to it as-

muche pouder of muſtarde ſede as ſhal waye all the hole egge, than take thys ingrediens at the apothecaryes, Dyta-my, turmentille, nux vomica, of eche a dramme, pouder euerye one of them by it ſelfe, then put them altogyther, and put to it rewe, pionye roote, zedoarye, camphere, & fyne triacle of eche equall portion, ſo that the weyght of them. v. be almoche as all the reſte, beate them in a mortar by the ſpace of. ii. houres, tyll all be incorporated togyther in a lumpe, than put it in a glaſſe, and kepe it, couered with a lefe of gold, in a cold place, for it wyll laſte thus. xxx. yeres, without corruption, and is a thinge of ineſtimable value in this caſe, the doſe of it to preſerue, is but one halfepenye weyghte, or leſſe, ye the weyght of one barlye corne, hath in it a marueylouſe ſtrengthe, in defendynge the bodye.

But yf one were infected alredy, than he muſte receyue, afore lettynge blood ii. or. iii. graynes, after hys bleedynge, gyue hym in the name of god, an hole

scruple, or, ii. or, iii. (yf hys strengthe wyll serue) tempered wyth wyne for a hote takynge, and in great colde wyth a litle aqua vite, and therupon swcate. ¶ I haue knowen whan the syke hath bene vtterlye despcrate, and coulde receyne nothyng, yet by the grace of god, thorough the meanes of two scrupules hereof, myxte wyth a litle aqua vite, bothe the vomyte immedyatly ceassed, and nature recouered, escaped the daunger of death.

SO concernyng swete waters to sprincle vpon your clothes and thynges of pleasaunte odoure, to be caste vpon the coles when ye aryse on mornynges, and also the makynge of good and holsom pomaunders, to smell vpon in tyme of pestilence, for the contentation of them that are desyrous, I shal here rehearse i. or. ii. of euery sorte, to the entent ye maye (whan ye be disposed) eyther vse them, or deuyse other of the same makynge: as it shalbe requisite according

to

to necessitye.

¶ Fyrste a swete water that is made thus.

TAke water of roses: violettes or nenuphar, or one of them or of al togyther one pounde, good vinegre two ounces, malucseye, muscadyne, or other pleasaunte wyne, thres ounces, of bothe the saunders, of eche one dramme and an halfe, camphore, one scruple, and yf ye haue anye gallia muscata, adde thereto halfe a dramme, myngle them togyther, and sprynckle vpon your clothes, when ye be disposed.

The ryghte excellente, and famouse doctoure Johannes Manardus also, in the thyrde epistle of hys fyfth boke, doeth shewe, howe to make in tyme of Pestilence, two soueraygne perfumes, the one for to serue in sommer whyche is made thus.

¶ A Fumigation for somer.

Take redde ambre .ii. partes, the leaues of myrte, floures of nenuphar, roses, vyolets, saffron, maces, and yelowe saũders of eyther of them .i. parte, camphore, ambre, beniamin, halfe a parte, muske the tenth of one parte, myngle all togyther this is a pleasaunt and comfortable sauour in the tyme of somer.

¶ But in winter season ye maye vse this.

Take storax calamita, yreos, mastyke, of eche two partes, cloues, maces, nutmygges, cynamome, saffron, of eche one parte, aumbre the fyfthe of one parte, muske the tenthe of one parte, myngle al togither and make a fumigation.

And of these pouders ye maye make lytle balles or pomaunders, to beare a boute with you at al tymes, but the last receyte muste be wel incorporate, wyth

a lytle storax liquida, and lapdanum, & the other wyth lapdanum, gumme, dragagant, and rosewater.

¶ An other goodly pomaunder for gentlewemen and ladyes.

TAke the rynde of an orenge, cloues, lignum aloes, of eche, one dramme, calamus aromaticus, halfe a dramme, alipta muscata one dramme, roses, myrtylles, of euery one halfe a dramme, nutmygge, cinamome, beniamin, of euery one a scruple make it vp in a morter, wyth Storax liquida, with sufficient waxe, and malue sey addinge in the ende, of camphire, halfe a scrupule or more.

AND in the tyme of pestylence, ye ought to kepe the house euery daye til the sonne be vp, and yf it chaunce that ye go among a great multitude of people, where is a nye daunger to be feared: ye may chew a litle zedoarye in your mouth, ones in an houre or two, but holde it not conty

nuallye for hurtynge of the gummes.

Zedoaric(as sayeth Auicenne in hys boke de viribus cordis)comforteth the harte,and engendreth good blood,it is holsome for the stomake (as affyrmeth Plinie)maketh good digestion, & prouoketh appetyte.

¶ Constantyne in hys booke of degrees, sayeth,it hath a great power a gaynste venyme, and the stynkynge of the mouthe,it breaketh wynde,and cureth the bytinges of venemous beastes and serpentes.

When the sonne shineth in a cleare daye,ye maye walke in gardeynes medowes ,hylles & by ryuers, but beware of lakes,standyng pooles,and fennes, for oftentymes the infection of the ayre,arryseth of ꝑ corrupte vapours,boylynge out of suche vnholsome places.

¶ The seconde parte, of the cure of one that is infected with ꝑ pestilence aforesayde.

How

¶ Howe to knowe a mans that is infected, the fyrste chapter.

WE sayde i the beginning, how ꝑ pestilence was engendred of ꝑ corrupt and noughtie ayer, turning al the humours of the bodye quycklye to corruption & to venyme.

Wherfore we muste take hede betymes, lest the vital membres be infected of the sayd poyson, for it euer seketh to the herte, and yf it come vnto the herte, afore the medicyne, then is there no recouery, for not one amonge an hundred lyueth. For the sayde venyme is so swyfte, so scarce, and so boystous of it selfe, that it wyll not (withoute greate difficultie) be put out of possession, but dryueth awaye the medicyne from the herte agayne.

But yf the medicyne come vnto the hert afore the venyme hath the vpperhande, then he dryueth it oute, by the helpe

helpe of the vertue expulsyue, of the spyrituall membres, and that expulsiō commonly is by swette.

And forbycause somtimes a man is poysoned, & can not tel hym selfe, nor none that is abont hym, whet of manye daūgers doth arise, for as the prouerbe is, one scabbye shepe infecteth a hole flocke, therfore it shal be necessary that euerye man take hede vnto hym selfe, & consydre al the sygnes and tokens that shal be sayd hereafter, for the more care that he hath about that, the soner shall he escape out of the daunger.

And yf a man feleth hym selfe infecte, aboue al thyng let hym remembre god, for it is a sycknesse that in a twynkling of an eye may bryngе a man to death.

Fyrst let hym loke, whether in hys arme holes, flankes, or vnder his necke there be any apostеme or swellynge, or whether in any other partes of hys body there appeare anye grene, blacke, or euill coulored sore, for that is the signe that neuer fayleth, but the person certaynly

taynly is enfected. Notwythſtandyng euery man enfected with the peſtilence hath no ſuche vlcers, botches or ſores, wherfore ye muſte take hede of ꝑ other ſignes hereafter, that ye be not deceyued for lacke of the ſayd apoſtemes.

But what is the cauſe that ſuche apoſtemes ſomtymes doth appeare, & ſomtymes doth not: no doubt, but bycauſe that when the venym is ſo vehement & ſo furious, and hath gotten hold in the bodye of man, nature by reaſon of the ſwyftneſſe of the infection, is ſo troubled, letted, and entangled, that ſhe can not tell which waye to ſuccour, and ſo can dryue out none apoſtemes, & that is more perillous, then yf there were many fores. But agayne, when the venym is but meanely furious, & the nature of ꝑ pacient ſtrong ynough by reaſon of good humours, then it defendeth it ſelf and dryueth the venym from the hert & principall membres, to ſuche places as it maye be beſt auoyded at, which breaketh forthe by compulſion in botches,

carbuncles

carbuncles and other sores.

The seconde sygne, is, yf ye feele a greate pryckynge and shotynge in your bodye, and specyallye in any of the. iii. clensyng places, that is to say the neck, the armeholes and the flankes.

The thyrde sygne is when ye fele an outragyous heate within you, as yf ye were in the fire. Which heate somtyme spreadeth it self abrode through al the hole bodye, and otherwhyle there aryseth suche a colde, that it maketh a man to shake as yf he were in a feuer. Wher in al ye that be in fected must take hede: for some there be that in the begynning fele not such a feruent heate outwardly, but it is within as great as yf they burned, wͭ moch heuynesse of the head, drynesse of ẏ mouth, ⁊ extreme thirste. Wherby many one are cōpelled for to slepe euen for very labour of the spirytes, and some other watche, and are so out of quyete that a man wolde thynke they were fallen in to a phrenesye.

The fourth signe is, yf great vapours

ane

and fumes aryſe out of the body, when a man is in a bathe, and wolde fayne ſweate, but he can not.

The fyfth ſygne is yf the pacyent can not drawe hys breathe eaſelye, for many one is ſo ſtrayte wynded, that he can not ſpeake, and when he breatheth it is with great labour and difficultie.

The fyxt ſygne is vehement payne of the heed, ſuche as is wont to be in a frenelye. But there be ſome for all that that in the begynnyng of the infection, fele nothing ſo great peyne as we haue ſpoken of in the heed. Notwythſtandynge this is a general rule, ꝑ the peſtilence can not be in the body, without ſome payne, or heuyneſſe, in the heed.

The. vii. ſigne is great deſyre to ſlepe, from the whyche many one can not abſtayne hym ſelfe in anye wyſe, nor can not be kept wakinge of them that are about hym.

The. viii. ſygne is chaungynge of the ſyght, for ſomtymes there commeth to the pacientes eyes, as it were a yelowe

colour,

colour, somtymes all that he beholdeth he thynketh it to be grene.

The. ix. signe is peine of ꝯ mouth, or an vnnatural tast, bytter, soure, or stinking

The tenth sygne is often vomytyng, bytter, and of dyuers colours.

The. xi. is heuynesse and dulnesse of al the hole body, and swownynge, and weaknesse of the lymmes. These be ꝯ principal signes and tokens wherby ye may perceyue whē any man is infected.

Notwithstanding al these signes are not euer manifest, for somtymes it is sene, that one hath had the pestilence, & felt nothyng at all, yea and somtymes the vrine wyll be as fayre and as good to syght, as in a hole man, bycause the humours come not at the lyuer, and the feuer wylbe small or none, for that the venime is not in a hote humour, and so driueth out no heate, and yet the paciēt by and by dyeth.

Somtymes also he shall thynke hym self hole, bycause that nature in ꝯ fyrst brunt draue the venyme from the hert,

and

and yet anon after his lyfe paſſeth frō hym, for that nature was not ſtrong ynough at the next aſſaute, eyther by reſon it was vexed and wericd in ȳ firſt, or elſ the venyme peraduenture multiplyed or chaunged in to more malignitie or nercr to the hert thā it was afore.

Eucry one in the begynnynge ſeme lyghtly to be better for then the ſtrēgth of nature is gathered all togyther to ſtande againſt his enemye, but it is not ſo in other euyll ſycknelles. The paciēt alſo manye tymes thynketh hym ſelfe ſtronge ynoughe, bycauſe the venyme worketh not ſo cruellye vpon the other membres as it doth vpon the herte. Wherfore in tyme of peſtilence, when ye fele your ſelfe in any thyng diſeaſed dryue not forth ȳ tyme in lokyng whē the ſignes aforeſayd ſhuld appeare, nor ſtande not in examynyng or doubtynge whether ye be īfected or no, for ye may be ſure, that ſo longe as thys dyſeaſe raygneth in the countrye where ye are, ye ſhall haue fewe ſyckneſſes, but eyther

ther is pestilence alreadye, or els wyll be within a whyle, and so gyue youre selfe to the cure of the Pestylence, for whyle the noughtye influence of that infection dureth, all superfluous humours maye lyghtly be enfected, and þ is the onelye cause, why in tyme of pestilence, there is so fewe of other infirmities.

For as soone as many sortes of other sykneſſes doo aryse, the pestylence abateth and is gone.

And here is to be noted, that whatsoeuer chylde in the tyme of pestilence, be vered with the wormes, ye may safelye affirme that he is infected, for it is a matter so disposed to the pestylence, euen as is brymstone, to be kyndled of the fyre. This haue manye phisitions not cõsydred, and bicause of that, haue bene deceyued in theyr cure. Here I haue declyned by occasion, but nowe to our intent.

When one or two, or more of these sygnes aforesayde are knowen to be in a

bodye, let hym not deſpyſe them, nor put any foolyſh truſt in the ſtrēgth of hys cōplexiō, as many one haue done, & by and by dyed, nor let no man truſt ỹ colour of his vryne, or mouynge of the pulſe: for ſometymes the ſtrength is ſo excellyue in the venyme, that a man is deed afore the naturall vertues are able for to ſuccour hym. or to dryue awaye the venyme from the herte. And herein haue many wyſe phiſicions alſo ben decepued, and haue euyll iudged of the pacientes pronoſtyke.

Therfore by and by wythoute delaye, ye muſte admynyſtre ſome good and holeſome medycyne, as ſhalbe ſayd hereafter, or elles the ſtylled water that we ſpake of in the former Chapiter, or ſome other valyaunte medicine againſt the peſtylence, that it maye deſcende vn to the hert afore the venyme, haue the vpperhande of nature.

For yf it be ones ſettled at the hert, I affirme playnely, there is no hope at al Yet there be ſome fooles, that tarye

tyl the twelueth houre, or the foure and twentye after the infection, and they boost them selues that they wyll heale the pacient, but that is a manifeste and a shameful errour, for yf any by chaūce is so recouered, it commeth of God, & not of any medicyne, for where as one so escapeth, an hundred other perysshe.

Notwithstandynge yf the case so be that ye be not called, or can gette no remedye afore the sayde tyme, caste not your selfe into dispayre, or put not the paciēt in discomfort, take or gyue your medicine in the name of God, and yf ye can not brooke it, take a smoche agaynst & do so somany tymes tyll ye maye retayne it, then laye ye downe to sweate, and lyft vp your hert to God, callynge vpon him, without whome there is no helth, and by the grace of Jesu, ye nede not to be fearefull of deathe, for that yt is impossyble to man, is easye ynoughe with God, yea many times nature worketh it selfe, aboue all natural expectation. But I counsayl at the first begyn-

nynge to receyue the medicynes, when any of the forſayde ſygnes appeareth, or when ye fele your ſelfe diſeaſed, for the venyme perceth ſoner to the herte, of the cholerike then either of the ſanguyne or the melancholyke, although the ſanguynes are apter to infection, then the other are, chefelye yf the ſyckneſſe be in ſomer.

They that are of melancholy be not lyghtly taken, but in caſe they be, then the cure is very daũgerouſe and hard.

Therfore I ſaye take hede at the begynnyng as the prouerbe is.

Principiis obſta, ſero medicina paratur.
Cũ mala per longas inualuere moras.

Take the medicine quyckly, and let thy ſelfe blood, and remembre God the phiſicyon of thy ſoule, and wythoute doubt, thou ſhalt well ynough recouer.

Nowe we haue declared the ſygnes by whych ye maye eaſely knowe when a perſõ is infected, and we ſayd it was cõuenient to take ỹ medicine as ſoone as any of thẽ appeareth, without any

longer taryng afore ꝑ venyme cõmeth to the hert, here we wyl enfourme you, how ye shall perceyue whether the sayd venyme be settled in the hert or no.

Take a dramme of bolearmeny made in pouder according to the doctrine of ꝑ last chapter in ꝑ fyrst parte, and yf ye can not get it, take some other excellent medicine agaynst the pestilence, namely one of the receytes that shall be sayde hereafter, and gyue it to the paciẽt, but there can nothynge be better, then the foresayde poulder yf ye haue it at hand.

Take I say therof one dramme, and an ounce of whyte wyne and odoriferous, with two ounces of water of roses, myngle them, and gyue them to the pacient. The blacke receyte declared in the Chapiter of preseruatyues maye be well vsed in stede of the bole.

And yf he maye retayne the drynke within his stomacke, it is a good sygne that the venyme was not at the hert afore he toke the medicyne, and therfore he maye be let blood well ynough.

But

But yf the pacyent can not brooke the ſaid drynke, but caſt it vp and vomyte, then ye may by ſure, that the venymme hath ben at the hert afore the medicine

Therfore by and by waſh his mouth with wine, or with water of ſcabiouſe, of ſorell, or of roſes, and it ought to be very well mundifyed and clenſed.

Then gyue hym an other doſe of the ſayd drynk, & heate a cruſt of breed, and holde it to his noſe, that he may ꝑ better kepe the forſayd pocion. And yf the ſecond time he caſt it vp agayne, and is notable to receyue it, waſh his mouthe as is ſayd before, and gyue it hym the thyrde tyme, wyth a lytle vyneger, ꝑ it maye perce the better, and ſo vi. or. vii. times, yf he do not holde it, gyue it him agayne, and then whether he retayneth it, or reteyneth it not, by ſ by ye ought to let hym blood.

But in caſe the pacient were infected xiiii. houres afore ye gyue the drynke, neuer let him blood, for that cā nothig helpe hym, but rather make hym feble,

but admynystre a medicyne ordeyned for the pestylence, as is sayde afore, or such as shalbe spoken of hereafter, and that done prouoke hym to sweate.

Nowe to oure purpose as concernynge dyete.

¶ The seconde Chapter, of the cure of pestilence, by the way of diete.

Yfyrst as soone as euer the patiēt feleth hym selfe infected, it is very good to auoide the corrupt ayer, by chaūgyng into some other place, or els yf he can not so, let him rectify the ayer of his owne house, or of his chambre, wyth water of roses & vynegre, or elles with fumigations as is spoken of before, accordynge to the qualitie of the tyme, and the complexiō of his owne bodye.

Moreouer it is good for him to shifften hys bedde out of one chambre into another,

another, & from that to the fyrst agayne the next daye, euer rectifying the ayer, of them both, as is afore sayd.

And as touchynge meate & drynke, he ought not to abstayne, nor yet to take any superfluities, for to eate good meates measurablye (though it be agaynste hys stomake) yet in this disease it shall do hym muche good: Lette him eate the broth of chyckyns, capons, or colcyses of rabbetes, & suche lyke meates, with a lytle sorel sauce, or vinegre, and rose-water, or wyne of pomegranades, (yf they maye be gotten) or wyne of barberyes, and suche other.

If ye wyll haue other kynde of sauces, or a pouder to strowe vppon your meate, ye maye make it after thys sort.

Take graynes of paradyse, whyte dyptanye, of eche an ounce, fyne poudre of cynampme, and cloues, of eche halfe an ounce, make them all in poudre, and myngle it wyth suger. In thys disease ye maye eate no quely meates, as ees, gese, duckes, & other suche as be euyll.

I call them cuyll meates, whyche (accordyng vnto Galene De differentiis febrium) are eyther cuyll of theyr owne nature, or els yf they be naturallye good, yet by reason of some putrefaction, are as muche or more vnholsome, as the other are, partlye so, by cause of longe keppynge vncleane and naughty dressinge, or when they be layed vp in a fylthy or stynking place, and partly by some yll infection, when they were alyue, for he that vseth such kynd of meates, is oftentymes accombred wyth manye naughtye syckenesses, as corrupte and pestilenciall feuers, scabbes, pustles, lepryes, and other euyl infirmities.

All fyshe in thys case are to be auoyded. Brothe or gruell, made wyth borage, buglosse, endyue, succorye, sorell, purcelane, and other lyke herbes, with a litle saffron, and cleane wheate flour, or ꝑ crōmes of bread in a broth of chykyns, or wythout a broth, maye be well administred.

Poached

Potched egges also wyth sorel saure and cinamome, vinegre and rosewater, are mercyplous good in this case.

And yf the heate, be very vehement, as well after meate, as afore, he maye wel drynke a draught of sodden water with the iuyce of orenges, lymons, citrons, or of sowre apples, wel mynaled togyther, to quenche the venymous fumes, that myght ryse vp to the brayne.

And yf the patient be yonge, & strong hauinge a good stomack, hole winded, hoote of complexion, and in tyme of heate, not subiecte to the colicke, nor to none hydropsie, nor apostemes in ỹ bowelles, he maye drinke a good draught or two of cleare and colde water comminge out of a rocke, or of a runninge water, or of a fayre sprynge. For when nothinge elles can mitigate the thirste, yet will cleare water by litle and litle, diminysh all the heate. But ye must beware ye take no great excesse.

A ptisane with suger of roses, is verye good to drynke betweene meales.

The patient ought not for to sleape du
ringe the fyrst. xxiiii. houres, and in the
tyme that he receyueth his medicines.
Afterward he may slepe a litle ät ones,
to comforte the weakencsse of the spy-
rytes, and he ought euery daye to go to
syege ones.

And aboue all other thynges let him
not dyspayre, but bidde hi be of good cō
forte, and doubt not of his health, so he
take no thoughte, but as muche as is
possible, make hym to reioyse, as well
by communication as by mulyke, and
bryngynge in vnto hym good and hol-
some herbes, frutes, boughes, & other
thinges of comfort, but yet notwithstä
dyng se that he remembre God, and not
forget his owne conscience, for in this
sickenesse the worst is euer to be feared.

¶ The thyrde chapter, of the cure of pestilence by the waye of medi-cine.

As

AS soone as euer ye fele your selfe ifecte, take of the poudre of bole armoniake, in maner & fourme afore declared, or of ỹ blacke receyte the weyghte of halfe a crowne more or lesse accordyng to the vertue of the patient, myngled wyth the water of roses, and a lytle vynegre, as is sayde afore, and drynke it all at one draught.

And yf ye can not gette the forsayde pouder, or peraduẽture ye wyll abhorre to take it, thẽ drink a litle potiõ of ỹ receyte folowing, whyche is very excellẽt.

A receyte agaynst the pestilence.

TAke the rote of turmẽtile dryed in the shadowe, of saffron, and of mustard seede asmuch of one as of an other, make of them a poudre, and incorporate it wyth the thyrde parte of mithridatum, or of fyne triacle, wyth a lytle stronge vine-

ger,

ger, in maner of an opiate, kepe in a
earthen vessell close, & in tyme of nede
vse it. The weight of it at ones is from
halfe a dramme vpwarde.

Thys receyte woorketh more vpon
the venime then it doth vpon the feuer.
And euery daye folowyng it is good to
take a litle sirupe of limons, wyth wa-
ter of sorel, or of matfelon, or of our la-
dye thystell.

And he that hathe none of the sayde
sirupes, let hym vse the waters of the
same herbes, or the good water that I
haue described in the Chapter of medi-
cynes preseruatyues.

Auicenne sayth that who soeuer ta-
keth an onyon and drynketh it ī mylke
fasting ī a morning he shal be safe that
day from al infections of the pestilence.
Therfore some are wont to rost two or
thre onyons, & to eate them wyth vine-
gre and browne breade nexte their hart
afore they enter into any suspecte ayer.
And haue founde health in their so do-
inge.

Ie hāne

IOhānes Manardus, a mā of hyc knowledge i the art of medicine, and of greate auctozitye amonges al learned men, describeth in hys booke of Epistles, a very good receyte alwel preseruatyue as curatiue deuised by hym selfe foz lacke of good triacle, and is of marueylous operation, as wel in this disease, as in healing all maner venymous woundes, both of adders, snakes, and other kinde of serpentes. The receyte of thys noble medicine is this.

¶ Mainardus medicine foz the pestilence.

TAke the dryed bloode of a drake, and of a ducke, of a gose, and of a kyd, rue, fenel seede, the seede of cumyne, dylle, and of wylde nepes, oz gardē nepes, oz rapes, of euerye one thze drāmes, the roote of gētiane, trifoyle, squinantum, frankensence, roses dryed, of eche. iiii. drammes Whyte peper and longe, coste, valerian

anyse

anyse, cynamome of eche two dramme
myrrhe, nerde, of eche. vi. dr̄ames, ben
iamin, assarum, gumme armoniake, o
eche thre drammes, aloes, agaryke, o
eche two drammes, carpobalsami. xx.
graynes, yreos, saffron, reubarbe, and
reupōtyke, gynger, mastyke, of eche on
dramme, sticados, fyue dramines.

Make a fyne pouder of these, and
with foure tymes as moch of clarifye
honye, myngle all togyther, and kepe
in a syluer vessel or a glasse stopped, fo
it is an hye treasure, in such a case. Th
dose of it is two drammes in wyne o
water of lorell.

¶ Here followeth an electuarye of
a wonderful vertue in the
tyme of pestilence.

THis electuarye is of so greate ve
tue, in thē that do receyue it, one
in. xxiiii. houres, that they may
be sure from all euyll infections of co
rupte ayres, and contagyous all th
daye after.

But in them that are enfecte alre
dy

dye, and are taken wyth the peſtilence, yf they drynke of it but one ſponefull, as ſhall be ſayde hereafter, (ſpecyally after letteynge bloode yf it be conuenient to the patient) and laye hym downe and ſweate vppon the ſame, yf the venyme hathe not vtterlye ouercome the harte, he ſhall vndoubtedlye recouer. It hath bene latelye proued, that after drynkynge of the ſame medicine whan the patiēt made his water in an vrinal the glaſſe hath broſte in pieces, by reaſon of the venyme that it purged out.

¶ Thys is the makyng of the ſayde electuarye.

Take cynamome electe one ounce, terra ſigillata. vi. drāmes, fyne myrhe thre drāmes, vnicornes horne. i. drāme the ſeede and rynde of citron, rootes of diptany, burnet, turmentylle, zedoarie, redde coral, ana, drammes ii. yelowe ſaunders. iiii. ſcrupules, red ſaunders, ii. ſcrupules, whyte ten and redde, flowres of marygoldes, ana, one dramme, puerye raced, ſcabiouſe, beronici tunici,

ſeede

seede of basile, ẏ bone of a stagges hart saffron. ana. ii. scrupules, make a fyne poudre, and adde vnto it of bole armoniake preparate. ii. ounces, white suger iii. pounde, and with a syrupe of acetositate citri, make a goodlye electuarye, and kepe it in a glasse.

If the pestilence commeth wͭ greate excesse of heate, drinke it vpon rosewater, and vynegre, but yf ye fele it colde, take it in a draught of wyne, and couer ye, wyth clothes, so that ye may sweate as longe as is possible, for wythoute doute, it is a presente remedie as I my selfe haue oftentymes proued.

¶ An other deuyne medecyne, in a lyquyde fourme.

Take rewe, woormewood ⁊ bawme ẏ herbe, of eche a lyke portion, of celidonye, bothe herbe ⁊ rote, as moche as al ẏ other, so ẏ ye haue of them foure, a good bigge hādeful, wasshe ẏ rote of ce

donye, very clene and purely, in wine or in fayre clere water, than put them all into a newe pot of earth neled with in, and poure vppon the herbes, halfe a pounde of the moſte ſtrongeſt vynegre, ye can gette, couer them iuſte, and lute the mouth of the potte, wyth luto ſapiencie, whiche is made of wheate floure and the whyte of an egge, that no breth maye iſſue, and ſeethe it. viii. or. ix. houres, wyth a ſofte fyer, than let it coole be lyttle and lytle, and after ſtrayne the herbe, and ſet the lycoure in the ſonne to rectifye.

¶ When perſon is infected with the peſtilence, Fyrſte as I ſayde a fore, let hym bleede in a due vayne, than gyue hym a ſponefull of this lycoure, wyth as moche as a nutte of tryacle, yf ſo be ye haue any, luke warme, by and by let a cruſte of bread all hote, be dypped in vynegre, and holden to his mouth, that he may the better brooke the medicine.

And yf he chaunce to vomyte, incontynent waſche hys mouth wyth wyne,

and cause hym to receyue agayne an o
ther sponeful, & so yf nede be. v. or. vi.
tymes, tyl ye se that he retcyne it, why
che is a verye good sygne, yf he so do.

After this set hym in a warme bed
couered, that he maye sweate out the r
sydue of the venyme, and by the grac
of God, he shall escape the daunger.
Thys is a medicyne of infinite vertue.
But if the pacyent haue a great heat
gyue hym no tryacle, or elles verye lit

¶ The. iiii. chapter of the cure of pestilence, by lettynge of blood, ventoses, and purgations.

Although phlebotomy
or lettyng of blood, b
one of the chyefe thi
ges that are requyr
to the cure of the pe
stylence, yet for lack
of vnderstandynge
lettynge blood, other
wyse than behoueth, manye one is ca
awaye, and therefore euerye good ba

bour ought for to take heed, ꝑ he hurte not them, whyche come vnto hym for helpe, (for that were a greatte shame) whyche he shall neuer do, yf he ponder wel ꝑ thynges, ꝑ shal be sayd hereafter.

¶ Thys is a general rule.

IN ꝑ tyme of pestilẽce whan a bodye is infect ye may not haue respect eyther to the sygne, ꝑ day or ꝑ houre, but whether ꝑ mone be there, or not, or what aspectes so euer be in the planettes lette hym blede forth with in the name of God.

Younge men and sanguine, and they that haue aboundaunce of flesshe, and of blood mingled wyth other humors, ought to blede somewhat more in quãtitye, but alwayes kepe a moderation, that ye take not oute to great a quantitye at ones.

It is better to let hym blood twyse leuynge the wonde of the fyrst stroke open, and annoynt it wyth a lytle oyle, and after foure or fyue houres, let hym

blede in the same wounde agayne, but wythout strykyng yf it be possyble.

But allwayes gyue an eye, to the strengthe of the patiente, that it be not enfebled, and agayne beware that ye haue taken awaye the rankest, and the strongest venyme, wherin yf ye be dout full, take the counsayle of some good expert phisition.

Also ye muste note, that ye maye not let bloode, to any chyldren wythin the age of .xiiii. yere, nor to olde men about fyftye yere olde, nor to women greatte wyth chylde specially nere vnto theyre tyme, nor when theyre due purgations is vpon them, nor to them þ are newely brought to bed, or wtin a weke. or .ii. after she is puryfied, generallye to none whych is weake & feble in hys bodye.

Ye shall also note, that there are some olde menne of better strength and complexion, than manye ponge are of, and agayne dyuers younge chyldren of ten or twelue yeres olde, are of hygher cotage, and of as good strength, as theyr

that

that are manye yeres elder. In ſuch caſes, a lytle euentation of the enfected bloode, maye be the ſauynge of theyre lyues, ſo that all thynges be done with good diſcretion.

It is wyſdome alſo to let the blood lyenge vppon theyr backes whome ye thynke woulde faynte in ſtandynge or in ſyttynge.

And yf the caſe do requyre the letynge of blood, and the pacient be not able to beare it for any of the cauſes afore rehercſed, it is good to applye ventoſes, in maner and fourme as I ſhall declare hereafter.

And here we ſhulde ſaye ſomwhat of the great errour that many do commyt in takynge one veyne for an other, for by ſuche errours is the venym drawen manye tymes vnto the herte, and ſo procureth deathe vnto the pacient.

Wherefore that ye maye not be diſceyued, euer in the peſtilence lette hym bloode on that ſyde that the ſore is on, and not on the contrarye ſyde, in anye

wyse, for that shulde drawe the venim ouerthwarte the membres spirytuall, and so destroye the man.

But or euer ye lette hym blood, it is good to gyue some good, and holsome medicine agaynste the venyme, such as is declared in the chapters herebefore.

If the botche appere vndereth the eares, let him blood in the hed veyne of the same arme, or els in the braunche of the same venyme, whyche is vpon the hande, betwene the myddle fynger and the nexte that is adioynyng.

If it appeare vnder the throte, take the same veyne, & wythin a whyle after, it is good to open the .ii. veynes vnderneth the tongue.

If the sore be sette wythin the arme holes, take the veyne called mediana, whyche is betwene the sore sayd heade veyne, and the veyne commynge from the lyuer.

If the sore be sette wythin the flankes, than he muste open the veyne called saphena, whyche is about the ancle

of the fote, on the inner syde, and yf ye can not fynde it there, take the branch of it, that is betwene the great too, and the nexte vnto hym, but the lettynge of bloode in that veyne is forbydden vnto women when they be in health.

And yf there apere. ii. botches, one on euery syde, Manardus gyueth councell to take the ryght syde and not the lyft.

And in case ther doth appere no signe of botche or swellyng, than he biddeth you to open bothe the veines saphenas on the ryght syde and the lefte.

Notwythstadynge Marsilius Ficinus is of a cõtrarie opinion & sayeth that it is beste when there doth no sore appere, to take the cõmon veyne one ỹ eyght arme.

I thynke hercin manardus councell rather to be folowed.

But yf ye se ỹ botche standyng outwarde more towarde the bounche, than ye muste open the veyne called sciatica, whyche is aboute the ancle of the fote on the outsyde. The whyche openynge

of the veynes muste be done as sone as is possyble, alwaye presupposed, that he hath receyued one or other medicine agaynste the venym, and that he sleape not in any wise, as is afore mentioned.

And to them that can not lawfullye be letten blood, ye muste in all haste applye many ventoses, with scarification or wythout scarifienge, as it seameth beste to your discretion, so ye take a reasonable order thus, If the soore be vnder the eares, or about the throte, lette youre ventoses be applyed behynde vpon the necke.

If ẏ botche appeare vnder ẏ armes set your ventoses behynd vpon ẏ shulders

If the sore be in the flanke, or thyes, lette youre ventoses be sette vppon the buttockes.

And yf the patiente be replete wyth humours and stronge, hauyng no flure nor other impediments, ⁊ ye thynke he nedeth to be purged, ye maye gyue hym in ẏ morning. i. ounce of cassia, or of mãna, wͭ a litle dyaprunis laxatyue, more or lesse,

or lesse, according to the pacients necessity tempered wꝫ water of scabiouse, so rell, or endiue, euer taking hede, that he do receyue some medicyne agaynst ẏ venym during al the tyme of hys disease.

¶ The fyfthe Chapiter of applycation of outewarde medicines.

Ere is to be noted that no maner playster repercussiue, maye be set vppon any botch of pestilence. But assoone as is possyble, after lettyng blood, it is good to take an onion, and to make an hole in ẏ middest of it, then fyll it full of good tryacle, after that stoppe it, and set it on the harthe to roste, as it were an apple. And when it is roste so longe tylle it be tendre, let it cole a lytle: and set it hote vpon the botche, and when it hath ben there by the space of two houres, take

there

ſt of,and laye an other on.

Or take,a cocke and pull the fethers of, aboute hys foundament,& put a litie ſalt ī it,and ſet his foundament vpon the ſayde botche,kepyng hym on a good whyle,ſtoppyng many tymes hys byll, that his breth may be retcyned,& let hym blowe agayne.And yf the cocke die,it ſhalbe good to take another yong cocke,and ſplytte it quycke alounder,& lay it on ꝑ botche,but ye muſt cōmaūde them that take them of,to caſt them in ꝑ fyre,& not to take the ſauour whē it is remoued:for that is very daūgerous

Some there be that laye aboute the ſore,water leches called bloodſuckers, and it is very good,ſo they be well prepared,and clenſed,from corruption.

Other apply ventoſes wyth ſcarifi-catiō,but they ought fyrſt to be applied wythouten anye ſcarifying, ſo they ſhal the better drawe the venyme out.

Other lay therto a playſter made of galbanū, diaquilō,& armoniake,incorporate togyther,& ſome other lay on it

a plaiſter

aplaiſter made of figges ſoure leuen, & reiſins wout kernels, brayed & icorpo-rate all togyther in oyle of camomylle. There be alſo that ſet vpon ꝯ botche an herbe called crowefoote, whiche is very hoote, and maketh a blyſter on the ſkynne, and that ſame they breake, and kepe the place open many dayes after. And in that caſe, yf the botche be in the very arme holes: it is beſte to ſet ꝯ layd herbe a loſte vpon the arme.

And ſome other breake the forſayd botche wyth a ſtrong ruptory, hauyng part of maturatiō, as for exāple thus.

Take ſowre leuen, foure ounces, muſtarde, rue, ſcabiouſe, wormewood, of euery one an handefull, whyte lylly roſes, the thyrde parte of all, greene copporoſe two drammes, cantharides in numbre. x. galbani one ounce, olde nutes, and ſomwhat fuſty, or els newe yf ye can not get thē, in numbre. iiii. oyle of whyte lilies, as moch as ſhal ſuffyce, ſeeth all the herbes and rootes in oyle, accordynge to arte, wyth a double veſ-

that is to saye: the oyle beyng in one panne maye sethe onely by the boylyng of ꝑ water in an other greatte panne, and make a playster wyth the resydue of the stuffe in a good fourme. It hath a great vertue to breake a pestilẽce soze wythoute moch payne, and afoze ye lay it on, wasshe the soze wyth a sponge dyp ped in the straynynge of the fozesayde herbes and rotes.

Other take oyle olyue and seth it with oken asshes, addynge vnto it a lytle of blacke sope, and quicke lyme, and make a playster of the same, it is not to be vsed, but in strong complexions.

And al ꝑ fozsayd wayes are to be commended. But after one hath vsed thẽ a whyle, & seeth they begynne to come to maturation, let him take ꝑ counsell of a lerned surgeon, oz any other of good experience, and to set maturatyue emplaysters, vnctions, and bathes, accozdynge as becõmeth, percynge the aposteme in the softeste place, afterwarde procede wyth mundification and incar

nation

nation, euen as in other kyndes of apoſtemes, wherein I humblye deſyre them to haue ſome pytye of the pooze, that be diſeaſed, & not to fauoure them that haue ynough, but rather take ſomoch of the rych ꝑ they may the better haue wherwyth to helpe the nedye.

And forbycauſe the ſycke may haue ſome cõfort, if in eaſe they ſhulde be deſtitute of ſurgeons, I wyl (beſydes the ſaid medicines which they may cõfidẽtlye vſe,) deſcribe ſome maturatiue emplayſter that are expert and proued in this cure of peſtilence.

¶ A playſter to rype a botche cõmynge of the peſtilence.

TAke mallowes, & the rotes of holyhocke, & onions, aſmuch as ſhall ſuffice, waſhe them & ſeeth them in water, and afterwarde bray them ī a mozter with poudze of lineſeed, & of fenugreke, & a good quantitie of ſwines greſe freſh, laying on the playſter euery day ones.

¶ An other for the ſame

Take

TAke white diptany an ounce and an halfe, the rote of walwort an ounce, the rootes of cresses halfe an ounce, whyte onyons. ii. oũces, seeth the rotes in water, and rost the onion vpon the coles, then stampe them al togyther, addynge of oyle of camomil. iiii. ounces, rosyn one ounce, nettle seede syre drãmes, waxe, asmuch as shal suffice, and make a goodlye playster or an oyntmẽt at your pleasure, for it ripeth the sayde botche in a shorte space & consumeth the venyme, and is good aswell for yonge men as for olde.

And afore that it be thorough rype, cause it to be perced as it is sayd afore. And yf after the sayde percing there be greate payne, take the yolke of an egge well beaten, and a lytle oyle of roses, & annoynte a tent therin, and put into ỹ sore, for to cease the payne. Afterwarde mundifye the place wyth a salue made of yolkes of egges, fyne barly floure, & a lytle hony of roses. Laste of al, for the perfecte incarnation, take the iuyce of

dayles, and wyth a lytle ware make a ſofte oyntment, & vſe it, or ye maye laye therto anye other ſalue incarnatyue, as ye are wont to do in other clene ſores.

Prouyded alway that it is better in this caſe, to breake the ſore betymes than to tarye for the ryppyng long, leaſt perchaunce the venym beyng included, gather ſtrength by the putrefaction, & to returne agayne vnto the harte, therfore open it, afore it come to ryppynge, & after proceede with your maturatyues, and other holſome playſters.

THus moche haue I ſpoke of ſurgerye, in the exterior cure of one that hath the botche, ſo farre as god hath gyuen me vnderſtandynge to perceyue, accordyng to the myndes of ſuche famouſe clerkes, as haue moſte effectually wrytten on the ſame. Nowe wyll I declare a lytle of the exterior cure of hym that hath no botche at all, and yet is ſore infected with the peſtilence. For the noble handy woorke of ſurgery, is conuenient to them bothe, as

wytneſſeth

wytnesseth Marsilius Ficinus, in his booke of pestilence in the. xi. Chapiter. And the fourme of it is thys.

After that the pacient hath receyued some good & holsome medicyne against the pestilence, and swette (or after letynge blood, yf the case do so requyre) by and by ye must applyy your labour to take awaye the residue of the venyme, that remaineth i the body. And to that intent ye oughte to make a ruptorie of sowre leuen & cantharides, or other as boue rehersed, & set it on the muscule, of the ryght arme, vnder the cubyte, on the parte, where as the pulse iyeth, but not vppon the pulse it selfe, and so procure a blystre, whiche ye shall immediatly cut of, & kepe the sore runnyng many dayes after, the longer the better for the pacient.

An other issue ye maye make in the same maner, vpon his right legge, four fingers aboue his heele toward the instreppe, and kepe it open lykewyse, tyl a moneth or two after he be recouered.

¶ The

¶ The.vi. Chapiter, of the cure of carbuncles and anthrax.

AS concernynge the curation both of a carbuncle & the pestilence sore called anthrax, ye maye do euery thynge accordynge as we spake afore in the generall cure of the pestilence, both as touching diete, medicynes agaynste the venyme, cordialles, laxatyues, blood lettynges, and ventoses, ye shall heale them as ye heale the botche, in al thynges.

But as touchynge lettynge bloode, when ye se a carbũcle or an anthrax by hym selfe wythout apostume of the emunctoryes, be it vpõ the necke, or vpon the throte, or the face, or the heade, ye must let him blood in the head veyne

If it be vpon the shoulders, brestes, or arme or other place aboue the nauyl, take the veyne called mediana.

And yf it be beneth the sayde places, downe vnto the knees, take the veyne saphena, but yf it be on the outsyde of the thygh, take the veyne sciatica, euer

an actuall or potentiall cauterie, and to remoue the eschare, lay on capons grece or a lytle butter, or els a playster made of mallowe leaues, holihockes, violettes, lyly rotes sodden in broth of netes fete or other flesshe, and afterward stãped, strcyned, & vpon the fyer myngled with pouder of lynseede, barly floure beane floure, freshe butter, and swines grece, addyng in the ende whan ye take it of, two yolkes of egges and a lytle saffron, and styre it well aboute.

This is good also to rype the forsaid sore, afterwarde mundifye & heale as is sayde in the other chappter.

I coulde declare many other remedies but I let them ẏ haue be often proued, and ẏ be moste easye for to get at nede, desyryng all them that shall vse these my simple labours, to accepte my good wyl vnto the best, and to praye to God almyghtye for hys grace, vnto whome onlye be al laude, glorye and honoure, worlde wythoute ende, Amen.

A declaration of the veynes in mannes bodye, and to what dyseases, and infyrmytyes the o= penynge of eucrye one of them do serue.

It is not vnkno= wen to any whi= che haue sene A= nathomyes, how there be in a man nes body. ii. kyn= des of veynes ge= nerall and spec= all.

Generalle or commune veynes are. iii. whyche appere in the myddeste of e= uery mannes arme on the inner syde, of them the highest is called of learned mē cephalica, or the head veyne and the loweste of all three, is called commonly

basilica or regia, in the ryght arme by an other name epatica, or the veyne of the lyuer, but in the lyft arme, it is called pulmatica, the veyne of the longes.

The.iii. cōmon veyne, lyeth betwene the other.ii. in the myddes, and is named cordiaca, or the veyne of the herte.

The fyrst that we dyd spcke of, that is to saye cephalica, is a veyne most apt to be letten bloode, in all the hyer partes of mannes bodye, and is opened for the head ache, and the eyes.

Thys veyne yf by chaunce ye touche it, and yf it blede not at the fyrst stroke ye may be bolde to stryke it ones agayn for there is no ieoperdye of cuttynge of anye muscle. And yf ye can not fynde it oute, take hys braunche that is aboute the thombes ende.

The veyne epatica, emptyeth from the myddle partes of all the body, and it is euer opened agaynst dyseases of ỹ stomacke and the spleene, but ye ought therin to be verye dylygente, that there be no muscule perced.

If ye

If ye can not spye it in the arme, seke the braunche of it betwene the lytle finger and the fourth.

The cordiaca veyne draweth blood as well from byneth, as from aboue for it is cõpouned of cephalica and epatica.

If any feleth a weaknes at his hart he oughte to take good hede that he be not opened in the veyne cordiaca, but if neccssitie be of bledyng, lette him blede in the cephalica or els mediana.

So lykewise of the other two. The cordiaca, is good to cure the passions of al the hole bodye, whan they do procede of heate, specially e of the harte and of the longes.

But in the percynge of it, ye must exceedyngly beware, for vnder it is a certayn muscule, which if it be very depely cutte, the pacient is in ieoperdye of hys lyfe.

Whan ye entend to let a person blood in anye veyne, ye muste bathe the arme wherin ye perce, in good hote water, & drawe ꝑ hole abrode, ꝑ the grosse blood

may the more easely passe. And here is to be noted, that in all sikneſſes and tymes (except only infection of the pestylence) ye muste take the same veyne of the .iii. that doth appere fuller and bygger thā ꝑ other are, for by that ye may perceyue that the membrys whyche belong vnto it, are full of superfluyties of to hote blood, and this shalbe sufficient of the forsayde veynes generall, nowe we wil reherce ꝑ veynes special.

¶ The veyne i the hygher part of the forehead, is good to be opened in al diseases of the head, and of the brayne, specially ye they be of longe continuance, and it cureth the newe begonne ieprye.

¶ The .ii. veynes that are behynde the eares, are opened to preserue the memory, mundifie the face, and to take away reumes and distillations from ꝑ heade and are good generallye in all dyseases of the mouthe, and of the gummes.

¶ The .ii. veynes of the temples of the head, are good to voide humours from the eyes, and they serue also for all dis-

eases

eales of the eares.

The.ii. veynes in the corners of the eyes are opened in the cure of webbes, spottes, cloudes, mistes, perles, rednes cornes, & other infirmities and weaknesse of the syght.

The.ii. veynes in the holownes of the eares, serue to heale the shakyng of the head, swymmynge of the eyes, dosynes, soundyng of the eares, newe deafnesse, and vnclennes of the mouthe.

The veyne in the typpe of the nose, is good agaynste apostemes of the heade, reumes, and fluxes of the eyes, it pourgeth the brayne, and comforteth the memorye.

This veyne muste be soughte verye wyselye, for it lyeth depe, therfore he þ wyll be sure of it, shall fynde it euen in the verye myddes betwene the two sides of the nose ende.

The two veynes within the nosthilles, are opened against the heuynesse of the head.

The veyne of the lyppes, is good to take

take in all diseases of the mouth.

The. ii. veynes within the mouth, are opened in diseases of the heed, toth ach payne of the iawes, mouth and throte, and agaynst freeles of the face.

The foure veynes in the palate of the mouth, are good to be opened in ẏ toth ache, reumes and catarres of the heed.

The two veynes in the hyndre parte of the heed, are good agaynste the phrenesye, swymmynge, astonyinge, and all other paynes of the heed.

The. ii. veynes vnderneth the tōg are opened against ẏ fluxes of the heed, palsyes, quyncies, scrophules, apoplexia, cough, paynes of the mouth, teeth, and gummes agaynst impedimentes of the speche, and generally in all diseases of the breast, hert, longes and arteries.

The veyne that is betwene the chyn, and the nether lippe, is good to open in curyng of a stynkyng breath.

The veyne that lyeth ryght vnderneth the chynne, is good agaīst ẏ same

disease,

disease, and also in diseases of the heed & of the brest, polipus in the nose, paynes of ẏ chekes, stinking of ẏ nosethrilles, scrophules & spottes about the face

The two veynes of the necke (one afore, an other behynde) are excedynge good agaynste the pleuresye, newe leprye, shakyng of the membres, humoures, and distillations of the heed, and to moche styfnes of lymmes.

The two veynes vnder the arme holes, serue agaynst the straytnesse of the brest, payne of the mydryfe, and the lōges, and agaīst difficultie of breathing called asthma.

The two veynes aboue the elbowes are taken in all dyseases of the breast, swymmyng of the heed, spasme, and epilepsia, cōmōly called the fallyng euyl.

Vena purpurea or the purple veyne, lyinge in the ryght arme nexte epatica, towarde the hande, is opened agaynste diseases of spirituall membres, and of the bowels.

The veyne illiaca nexte vnto the pur-

ple

ple veyne, yf it be well taken, is goo
to heale the paynes of all the inwar
membres.

Vena pulsatilis, or the beatyng vei
is good agaynste the tremblynge of th
hert, swownyng, and cardiaca passio.

The .ii. veynes of the thumbes, ar
opened in diseases of the heed, bleari
eyes, and agaynst the mooste parte of a
feuers.

The veyne betwene the forefynge
and the thombe, is good for stoppyng
of the heed, and to purge the superflu
tye of cholere, is good in agues, and i
all diseases of the eyes.

The veyne that is betwene the ryng
fynger, and the lytle (yf it be opened
taketh awaye diseases of the heed, th
longes, of the splene.

The veine called saluatella in ȳ righ
hande, betwene the litle fynger and th
next adioynynge, is opened in oppilat
ons of the brest, against ȳ gūmy matte
of the eyes, perbrakynge, yelowe iaun
dys, paynes & colykes in the right syd

of the belly. And in the lefte hande it is opened against al diſeaſes of the ſplene comyng of repletiō and oppilatiō, and is good to heale the hemoꝛoides, phꝛenelye, colickes in the left ſyde, diſeaſes of the veynes, and to moche aboūdaūce of the floures.

The veyne of the ryght ſyde, yf it be opened, is good in lienteria, diſſuria, dꝛopſyes and other infirmities cauſed of colde matter.

The veyne of the lefte ſyde is good agaynſt apoſtemes and excoꝛiations of the bladder, paynes of the loynes, ſwel lyng and ſtoppyng of the ſplene.

The veyne of the bellye, is good a= gaynſt diſeaſes of the reynes, and pur= geth out the melancholye blood.

The foure veynes about the place cal led pecten, on eyther ſyde the pꝛiuie mē= bꝛes, ar good againſt ſuperfluous iſſues of the hemoꝛoides, and to ſwage payne in all diſeaſes of ꝑ bladder, & the ſecret places, they ſtoppe the bledynge of the noſe, & of other mēbꝛes, and are good

to

to heale the lienterie and stranguryе.

The veyne ouer the forestkynne of the yarde is opened agaynst the dropsy and all diseases of the same membre.

The veyne vnderneth the sayde skin is holsome to be taken for the crampe, or spasme, colyke, swellynge of the cod des, strangurye, dissurie, and dyseases of the stone, bothe in the reynes and in the bladder.

The two veines of the thyghes haue a singuler vertue in the curinge of dyseases in the bladder, and the reynes.

The two veynes in the legges, doo seruc againste the dropsye, payne and a postemations of the bladder, and ꝑ reynes, and the priuie mẽbres, and against goute and swellyng of the knees.

The veyne saphena on the inner side of the legge, is opened agaynst retentiõ of the flowres, and in all diseases of of the matrice, reynes, hyppes, priuye places of men and women.

The outwarde saphena, otherwyse called sciatica, descending from the leg

ges on the outsyde, is exceding good in curyng the payne of the huckle boone, whereof it hath the name sciatica, and ouer that it healeth all diseases of the bladder, and the bowels, goute of the handes and of the feete, wyth other payne of the ioyntes, and the palsye.

The two outwarde veynes vpon the ancles, are good to be opened for retention of the flowres, they take awaye the sykneſſe of ꝑ splene, and ease the payne of the backe, stranguric, and stone.

The two veynes vnder the lytle too, are good to purge the superfluitye of the matryce, and to hele scrophules of the face and the legges.

The two veynes adioynynge to the lytle too, cure the apoplexie, yelowe cholere, palsye, and all diseases of the reynes.

The .ii. veynes in the lesser ioynt of the lytle too, are opened in curing of an olde cough, pustles, and ophthalmia in the eyes.

The

The two veynes in the myddle toe are good agaynste the scrophules, and diseases of the face, spottes, rednesse, and pymples, watryng of the eyes, cãkers and knobbes, and agaynst the stoppyng of the flowres.

The veyne on the left ioynte in the great toe, is good agaynst ophthalmia of the eyes, spottes of the face and the legges, ytche, and vlcers of euyll complexion, and purgeth superfluities of the matrice.

Thus moche I haue declared of the vtilitie of veynes.

FINIS.

The boke of chyldren,

TO begyn a treatyse of the cure of chyldren, it shulde seme expedyent, that we shuld declare somewhat of the pryncyples as of the generacion, the beinge in the wombe, the tyme of procedynge, the maner of the byrth, the byndyng of the nauyll, settynge of the membres, lauatorics, vnctions, swathinges, & entreatementes, with the circumstaunces of these and many other, which if I shuld rehercse in particles, it wolde requyre both a longer tyme, and encrease into a greater volume. But forasmoch, as the moost of these thynges are verye tryte & manifest: some pertaynyng onely to ỹ office of a mydwyfe, other for the reue-

ence of the matter not mete to be dis-
closed to euery vyle person: I entende
in this boke to let them all passe, and to
treate onely of the thynges necessarye,
as to remoue the sycknesses, wherwith
the tender babes are oftentymes affly-
cted, and desolate of remedye for so-
moche as manye do suppose that there
is no cure to be ministred vnto them, by
reasō of theyr weakenesse. And by that
vayne opinion, yea rather by a foolyshe
feare, they forsake manye that myght
be well recouered, as it shall appeare
by the grace of God hereafter, in thys
lytle treatyse, when we come to decla-
ration of the medicynes. In the meane
season for confinitye of the matter, I
entend to wryte somwhat of ỹ noure
and of the mylke, wyth the qualities &
complexions of ỹ same, for in that cō-
systeth the chefe poynt and summe, not
onelye of the mayntenaunce of healthe,
but also of the fourmyn or infectyng
cyther of the wytte, or maners, as the
Poet Vergill when he wolde describe

an

an vncurteys, churlysh, and a rude condisshioned tyraunt, dydde attrybute the faute vnto the gyuer of the mylke, as in sayinge thus.

Nec tibi diua parens, generis nec Dardanus author.
Perfide, sed duris genuit te cautibus horrens. Caucasus, hircanæq; admorūt vbera tigres

For that deuyne Poet being throughly expert in the priuities of nature, vnderstode ryght well how great an alteration euery thynge taketh of the humoure, by the whych it hathe his alymēt & nourysshyng in the youth: which thyng also was consydred and alleged of manye wyse Philosophers: Plato, Theophrastus, Xenophon, Aristotle, & Plinie, who dydde all ascrybe vnto the nourcement, as moche effect or moze, as to the generacyon.

And Phauorinus the Philosopher (as wryteth Aulus gelius) affirmeth that if lambes be nourysshed wyth the milke of goates, they shall haue course wolle,

lyke the heare yf gootes, and of kyddes in lyke maner lucke vpon shepe, ȳ heare of them shalbe softe lyke wolle. Wherby it doth appeare, that the mylke and nourysshyng hath a marueylous effecte in chaungyng the complexion, as we se lykewyse in herbes and in plantes, for let the seede or rmpes by neuer so good and pure, yet yf they be put into an vnkynde earth, or watred with a noughty and vnholsome humour, eyther they come not vp at all, or els they wyll degenerate and turne out of theyr kynde, so that scarse it may appeare frō whēce they haue ben takē: accordig to ȳ verse,

Pomaq; degenerant, succos oblita priores.

Wherfore as it is agreing to nature, so is it also necessary and comly for the owne mother to nource the owne child Whyche yf it maye be done, it shall be moost cōmendable and holsome, yf not ye must be well aduised in takyng of a noutee, not of vll cōplexion & of worst maners: but suche as shall be sobre, ho-

nest

neſt and chaſte, well fourmed, amyable and chearefull, ſo that ſhe maye accuſtome the infant vnto myrthe, no dronkaede, vycyous nor ſluttyſh, for ſuche corrupteth the nature of the chylde.
But an honeſt woman (ſuche as had a man chylde laſt afore, is beſt) not within two monethes after her delyueraũce, nor approchynge nere vnto her tyme agayne. Theſe thynges ought to be conſydred of euery wyſe perſon, that wyll ſet theyr chyldren out to nource.

Moreouer, it is good to loke vpon the mylke, & to ſe whether it be thycke and groſſe, or to moche thynne and watrye, blaekyſſhe or blewe, or enclynyng to redneſſe or pelowe, for all ſuche are vnnaturall and cuyll. Lykewyſe when ye taſte it in youre mouthe, yf it be eyther bytter, ſalte, or ſoure, ye way well perceyue it is vnholſome

That mylke is good that is whyte and ſweete, and when ye droppe it on your nayle, and do moue youre fynger, neyther fleteth abrode at euery ſtering,

nor wyll hange faste vpon your nayle, when ye turne it downe ward, but that whyche is betwene bothe is best.

Sometyme it chaunceth that the mylke wasteth, so that the nource can not haue sufficient to susteyne the child for ꝑ whiche I wyl declare remedies leauinge out ꝑ causes for breuitie of time.

¶ Remedyes appropriate to ꝑ encreasyng of mylke in the brestes.

PAlneppe rootes, & fenelle rootes, sodden in broth of chyckens, and afterward eaten wyth a lyttle fresh butter, maketh encrease of mylke within the brestes.

Another.

The pouder of earth wormes dryed and dronken in the brothe of a neates tonge, is a singuler experiment for the same intent.

Also the broth of an olde cocke, wyth myntes, cynamome and maces.

Ryce also sodden in cowes mylke, wyth the cromes of whyte breed, fenell seede in pouder, and a lytle sugre is ex-

cedyng

tedyng good.

¶ An other good medicyne for the same

Take Cristall, and make it in fyne pouder, and myxe it wyth a smoche fennell seede and sugre, and vse to drynke it warme with a lytle wyne.

¶ A playster for the encrese of mylke.

Take fencile and hoorchounde, of euery one two handfulles, anys seede foure drammes, Saffron a scruple in poudre, swete butter thre ounces, seeth them in water, and make a playster to be layed vpon the nurces brestes.

These thynges haue propertye to augment the mylke, dylle, anyse seede, fencile, cristal, horchounde, fresh chese, honye, lettuse, beetes, myntes, carette rootes, parsneppes, the dugges or vder of a cowe or a shepe, gootes mylke, blaunched almondes, ryce porryge, a cowes tounge dryed and made in pouder, poched egges, saffron, and the iuce of rosted veale dronken.

Thus moche of the nourse, and of the

the mylke: nowe wyll I declare the infirmities of chyldren.

Although (as affirmeth Plenie,) there be innumerable passions and diseases, whereunto the bodye of man is subiecte, and as well maye chaunce in the yonge as in the olde. Yet for mooste commonlye the tender age of chyldren is chefely vexed and greued with these diseases folowynge.

Apostеme of the brayne.
Swellyng of the heed.
Scalles of the heed.
Watchyng out of measure.
Terrible dreames.
The fallyng euyll.
The palsye.
Crampe.
Stykneſſe of lymmes.
Blood shotten eyes.
Watryng eyes.
Scabbyneſſe and ytche.
Diseases in the eares.
Nelyng out of measure.
Bredyng of teeth.

Cankre in the mouth.
Quynsye, or swellyng of throte.
Coughe.
Straytnesse of wynde.
Feblenesse of the stomake & vomytyng.
Yearyng or hycket.
Colyke and rumblyng in the guttes.
Fluxe of the belly.
Stoppyng of the bellye.
Wormes.
Swellyng of the nauyll.
The stone.
Pyssyng in bedde.
Brustynge.
Fallyng of the skynne.
Chafyng of the skynne.
Small pockes and measels.
Feuers.
Swellyng of the coddes.
Sacer ignis or chingles.
Burnyng and scaldyng.
Rybbes.
Consumption.
Leanenesse.
Gogle eyes.

¶ Of apostemes of the brayne.

In the fylme that coucreth the brayne chaunceth oftentymes apostemation and swellyng eyther of to moche crying of the chylde, or by reason of the mylke emmoderatelye hote, or excesse of heate in the blood, or of colde fleume, and is knowen by these sygnes.

Yf it be of hote matter, the heed of the chylde is vnnaturally swollē, redde, & hote in the feelynge, if it come of colde matter, it is somwhat swollen, pale, and colde in the touchyng, but in bothe cases the chylde can not reste, & is euer lothe to haue hys heed touched, cryeth and vexeth it selfe, as it were in a frenesye.

¶ Remedye.

Make a bath of mallowes, camomylle, and lyllyes sodden wyth a shepes

pes heed, tyll the bones fall, and with a sponge or soft cloutes, al to bathe the heed of the chylde in a colde aposteme, wyth the brothe hote as maye be suffered, but in a hote matter wete ẏ brothe luke warme, or in the coolynge, and after the bath, set on a playstre, thus.

¶ A playstre

Take fenugreke, camomyll, worm wood, of euery one an handfull, seethe them in a close vessell, tyll the thyrde part be consumed, then stampe them in a mortar, and styrre them, to the which ye shall put of the same brothe agayne ynough to make a playstre, with a lytle beane floure, yolkes of egges and saffron, addyng to thē fresh butter or duckes grese suffycient, and applye it. In a colde matter lette it lye a day: but in a hote cause ye must remoue et euery syxe houres.

¶ Of swellyng of the heed.

In

TNflation or ſwellynge of the heed cõmeth of a wyndye matter, gathered betwene the ſkynne and the fleſh, and ſometyme betwene the fleſhe and the boones of the ſcull̃e, the tokens wherof are manifeſt ynough to the ſyght, by the ſwellynge or puffing vp, and preſſed with the fynger, there remayneth a prynte, whyche is a ſygne of wynde and viſcous humours, ye ſhall heale it thus.

¶ Remedye.

Fyrſt let the nourſe auoyde al thinges that engendre wynde, ſalt or ſlymy humours, as beanes, peaſon, eles, ſammon, ſaltfyſſhe, and lyke, then make a playſter, to the chyldes heed, after this faſhion.

Take an handefull of fenell, ſmallache and dylle, and ſeethe them in water in a cloſe veſſell, afterwarde ſtampe them, and wyth a lytle cumyne, and oyle of bytter almondes, make it vppe, and

and laye it often to the chyldes heed, warme. In default of oyle of almons: take goosegrese, adding a litle vynegre.

And it is good to bathe the place with a softe cloute, or a sponge in the broth of these herbes. Rue, tyme, maiorym, hysope, fenelle, dylle, comyne, sal nitre, myntes, radysh rotes, rocket, or some of them, euer takynge heede, that there droppe no portion of the medicines in ȳ babes eies, mouthe, or eares

¶ Scalles of the head.

The heades of chyldren are oftentimes vlcered, & scalled, aswell when they sucke, & then moste commonlye by reason of sharpe myl'ke, as also when they haue bene weaned, and can go aloone. Sometymes it happeneth of an euyll complexion of humours by eatynge of rawe frute, or other euyll meates, and sometyme by longe continuynge in the sonne, manye tymes by droppynge of resty bacon, or of salte beefe on theyr bare heedes.

Other

Other whyles they be so borne oute of theyr mothers wombe, and in all these is no greate dyfficultie tyl the heere be growen: but after that, they requyre a greater cure, and a conning hande, notwythstandynge as God shall gyue me grace, here shal be sayde remedyes for the cure of them, suche as haue ben oftentymes approued: wherein I haue entended to omytte the disputations of the dyfference of scalles, and the humours wherof they do proceade, and wyll go straycht to the composition of medicynes, folowynge the good experyence, here enspynge.

¶ Remedyes for scalles.

Yf ye se the scalles lyke the shelles of oysters, blacke and drye, cleauynge vpon the skynne, one within an other, ye maye make a fomentation of hoote and moyste herbes, as fenugrecke, holyhocke, beares breache, lyneseede, and suche other, sodden al or some of them in the brothe of netes feete, and so to bathe the sores, and after that applye a softe

a softe playstre of the same herbes, w̄ gosegrese or butter, vsynge this styll, tyll ye se the scabbe remoued, and then wasshe it with the iuce of horehounde, smallache and betony, sodden togyther in wyne, and after the wasshynge put vpon it pouder of myrre, aloes and frā kensence, or holde his heed ouer a chafyngdisshe of coles, wherin ye shall put frankensence and saunders in pouder. But yf ye se the scabbes be verye sore and mattrye wyth great payne, & burnynge of the heed, Ye shall make an oyntment to coole the matter thus.

¶ An oyntment to coole the burnynge of a sore heade.

Take whyte leade and lytarge, of eyther one. v. drammes, lye made of the asshes of a vyne. iii. drammes, oyle of roses, an ounce, waxe, an ounce, melte the waxe fyrst, than putte to the oyle & lye, wyth the reste, and in the ende. ii. yolkes of egges, make an oyntmente, & laye it to the head. This is the composition of Ralis.

An

¶ An other oyntment singuler for the same pourpose.

Take betonye, grounswel, plantayn fumytorie, and dayses, of euerye one, lyke moche, stampe them, and myngle them wyth a pounde of freshe swynes greece, and lette them stande closed in a moyst place. viii. dayes, to putrify, thã frye them in a panne, and strayne them into a cleane vessell and ye shall haue a grene oyntmẽte of a singuler operatiõ for the sayde dysease, and to quenche all vnkind heates of the bodye.

Also ye muste vse to shaue the head, what so euer thinges ye doo laye vnto it

If there lacketh the cleansyng of the sores, and the chylde weaned, ye shall do wel to make an oyntment of a lytle turpentyne, bulles gall, and hony and lay vpon the sores.

Also it is proued, that the bryne of a bulle, is a singuler remedy to mundifie the sores, and to lose the heares by the rootes, wythout any peyne or pille.

The iuyce also of mozell, daysie leaues

nes and groundswell fryed wyth greece and made in an oyntmente, cooleth all vnkynde heates, and pustles, of the heade.

Here is to be noted, that durynge thys dysease in a suckynge chylde, the nourse muste auoyde all salte, and sower meates that engender cholere, as mustarde, vynegre, and suche, and all maner frutes, (excepte a pomegranat) and she must abstayne in this case, both from egges, and frome other kynde of whyte meates ingeneral, and aboue all she maye eate no dates, figges, nor purcelane, for manye holde opynion, that purcelane hath an euylle propertye to brede scabbes and vlcers in the head. Moreouer the childes head may not be kepte to hote, for that is oftentymes, the cause of thys dysease

Sometymes it chaunceth that there breadeth in the heade of chyldren as it were litle wartes or knobbes somwhat harde, and can not be resolued by the sayde medicines. Wherefore when ye

se that none other thynge wyll healpe, ye shal make a good oyntemente to remouc it, in maner as hereafter is declared.

¶ An excellent remedye for warces or knobbes of the head.

Take lytarge & whyte lead, of eche a like quantitie, brymstome and quycke syluer quenched wyth spyttle of eche a lesse quantitie, twyse almoch oyle of roses, and a sponefulle or. ii. of vynegre, mixe them all togyther, on a marble, til they be an oyntment, and laye it on the head, & whan it hath ben dyze an houre or. ii. washe it of, with water, wherein was sodden maiorym, sauery and mintes, vse it thus twyse a day, moznynge and euenynge tylle ye se it hole. This thyng is also good in al the other kind of scalles.

¶ Of watchyng out of measure.

Slepe is the nourysshment and foode of a suckyng chylde, and almuch requisyte as the very tete, wherfoze whā it is

it is depryued of the naturalle reste, all the hole bodye falleth in distemper, crudities and wekenes, it proceedeth commonly by corruption of the milke, or to moche abundaunce whyche ouerladeth ỹ stomacke, and for lacke of good dygestion, vapours and fumes aryse into the head, and infecte the brayne, by reason wherof the chyld can not slepe, but turneth and vexeth it selfe wyth cryeng. Therfore it shal be good to prouoke it to a naturall slepe thus, accordyng to Ralis.

Annoynte the forehead and temples of the chylde, wyth oyle of violettes and vynegre, puttyng a droppe or. ii. into the nosethyrlles, and yf ye can get anye syrupe of poppye, gyue it the chylde to lycke, and than make a playstre of oyle of saffron, lettuse, and the iuyce of poppie, or wet cloutes in it, and laye it ouerthwarte the temples.

Also the leades and the heades of popie, called chessbolles, stamped wyth

rosewater, and myrte wyth womans mylke, and the whyte of an egge, beate al togyther and made in a playster, causeth the chylde to receyue hys naturall slepe.

Also an oyntmente made of the seede of popie and the heades, one oũce, oyle of lettuse, and of popie, of eche .ii. ounces, make an oyntmente and vse it.

They that can not gette these oyles, maye take the herbes, or iuyce of lettuse, purcelane, houseleke, and popie, and with womans mylke, make a playster, and laye it to the forehead

Oyle of vyolettes, of roses, of nenuphar, are good, and oyle of populeon, the brothe of mallowes sodden, and the iuyce of water plantayne.

¶ Of terryble dreames and feare in the slepe.

Ofttentymes it happeneth that the chyld is afrayde in the slepe, and somtymes waketh sodaynlye, and sterteth somtime shrieketh and tre-

tremblethe, whyche effecte commeth of the arysynge of stynkynge vapoures, oute of the stomacke into the fantasye, and sences of the brayne, as ye may perceyue by the breath of the childe wherfore it is good to gyue him a litle hony to swallowe, and a lytle pouder of the seedes of peony, and some tymes tryacle, in a lytle quantitie wyth mylk, and to take hede that the chylde slepe not wyth a full stomacke, but to beare it aboute wakynge, tyll parte be dygested and whan that it is layde, not to rocke it moche, for ouermoche shakynge letteth dygestion, and maketh the chyld manye tymes to vomyte.

¶ The fallynge euyll called in the greke tonge epilepsia.

Ot only other ages but also lytle chyl-derne, are oftentymes afflicted, wyth thys greuous sycknes, somtyme by nature receyued of the parentes, & than it is impossible, or difficile to cure, somtyme by euil & vnholsome dyete, where by there is engēdred many colde and moyst humors in the brayne, wher vpō this infirmitie procedeth, which if it be in one that is younge & tender, it is verye harde to be remoued, but in them þ are somewhat stronge, as of. vii. yeres and vpwarde, it is more easye.

I fynde that manye thynges haue a naturall vertue agaynste the fallyng euell, not of any quality elementall, but by a singuler propertie, or rather an influence of heauen, wyche almyghtye god, hath gyuen vnto thynges here in earth, as be these and other.

Saphires, smaragdes, redde coral, py-

onie,

onie, mystletow of the oke taken, in the monethe of marche, and the moone decreasynge, tyme, saucin, dylle and the stone ꝑ is foũde in the bellye of a yong swallow beyng the fyrste broode of the dame. These or one of them, hanged about the necke of the childe, saueth and preserueth it, from the sayde syckenes. Nowe wyl I describe some good and holsome medicines to be taken inward for the same dysease.

If the chylde be not very young, the mawe of a leueret, dronke with water and honye, cureth the same.

¶ A medicine for the fallinge syckenes.

Take the roote of pyony, and make it into poudre and gyue it to the childe to lycke in a lytle pappe and suger. They that are of age, maye eate of it a good quantitie atones and lykewise of the blacke seedes of the same pyonie.

¶ Item the purple violettes that creapeth on the groũde in gardeynes wyth a longe stalke, and is called in englyshe

her teseale, dronken in water, or in water and honye, helpeth thys dyseale in a young chylde.

Moreouer the muscle of the eke rased and gyuen in mylke, or in water & honye is good.

Also ye maye stylle a water, of the floures of lynde, it is a tree called in latyne tilia, the same wherof they make, ropes and halters of the barke, take ꝑ same floures, and dystyll a water, and lette the pacient dryncke of it nowe and than a sponefull, it is a good remedye.

¶ Item the rote of the sea thystle called Eringium in latyne, eaten in broth, or dronken is exceedyng good.

¶ Some wryte that cicorie is a singuler remedye for the same dyseale. It is mente by wylde cicorie, growyng in the cornes.

¶ The floures of rose marye, made in a conserua hath the same effecte in curynge this dyseale.

I coulde declare many other remedies, cõmended of authours, but at thys tyme,

tyme, these shall be sufficient.

¶ Nowe I wylle entreate somewhat of the palsey.

¶ Of the palseye or shakynge of membres.

The cure of the palsey in a chyld, is not lyke to that, whyche is in elder age, for the synowes of a chylde be verye nesshe, and tender, and therfore they ought to haue a moch weaker medicyne, euermore regardynge the power of the syckenes and the vertue or debilitie of the greued pacientc.

For sometymes the chylde can not lyfte nother legges, nor armes, whiche yf it happen durynge the suckyng than must the nource vse a dyet enclyning to hote and drye, and to eate spyces, as galingale, cinamome, gynger, macis, nutmygges, and suche other, wyth rosted

and

and fryed meates, but abstayne from mylke and al maner fysshe. And it shall be good for her, to eate a lectuary made after thys sorte.

Take myntes, cynamome, cumyne, roseleaues dryed, mastyke, fenugreke, valerian, ameos doronici, zedoary, cloues, saunders, and lignum aloes, of euerye one, a dramme, muske halfe one dramme, make an electuarye wyth clarifyed honye, and let her eate of it, and gyue the chylde as much as halfe a nut euery daye to swalowe.

¶ A playster.

Take an ounce of ware, & a dramme of euphorbium, at the potecaries, and temper it wyth oyle olyue on the fyer, and make a sereclothe, to comforte the backe bone, and the synewes.

¶ A goodly lauatory for the same pourpose.

Take lye of asshes, and seth therein baye burics, and asmoch pionie seedes, in a close vessel to the thyrde parte and washe the chylde often with the same

Item

Item a bathe of sauerye, maiorym, tyme, sage, nepte, smallage, & myntes, or some of them is very good and holesome.

Also to rubbe the backe of the chylde and the lymmes, wyth oyles of roses, and spyke, myxt togyther warme, and in stede of it ye may take oyle of bayes.

¶ Of the crampe or spasmus.

This disease is often sene among chyldren and commethe verye lightye, as of debilitye of the nerues and cordes, or els of grosse humours, that suffocate the same, the cure of the whyche is declared of authours to be done by frictions and oyntmentes that comfort the synowes and dyssolue the matter, as oyle of floure de luyce, wyth a lytle anyse, saffrō and the rootes of pyonye. Item oyle of camomyl, fenugreke, and mellilote, or the herbes sodden, betonie, wormwood, verueyne, and tyme are exceedynge good to washe the chylde in.

Item

Item the playster of cuphorbium, wrytten in the cure of palsey.

¶ Of the styfnes or starknes of lymmes.

Ometyme it happeneth þ the limmes are starke, and can not well come togyther, wythoute the greater peyne, whyche thynge procedeth many tymes of colde, as whā a chylde is founde in the frost or in the strete, caste awaye by a wycked mother, or by some other chaūce, although I am not ignorant that it may procede of manye other causes, as it is sayde of Rasis, and of Arnolde de villa noua, in hys booke of the cure of infantes.

And here is to be noted, a wounderfulle secrete of nature, manye tymes approued, wrytten of Auicenne in hys fyrste Canon, and of Celius Antiquarum electionum, libro. xiii. capit. xxxvi. that whan a membre is vtterly benummed and taken thorough colde, so that

the paciente can not feele hys lymmes, nor mooue them accordynge to nature, by reason of the vehement congelatiõ of the blood, in suche case the chyefeste helpe or remedie is not to sette them to the fyer to receyue heate, for by that meanes, lyghtlye we se that euery one swowneth, and many dye oute ryghte, but to sette the fete, legges, and armes in a payle of clere colde water, whyche immediatlye shall dissolue the congelation, & restore the bloode, to the former passage and fredome, after that ye may laye the pacient in a bedde to sweate, & gyue hym hote drynke and cawdels or a coleys of a capõ hote, wyth a lytle cynamome & saffrõ to c[illegible]orte ꝑ hart. An argumẽte of this cure ye maye see thus

When an apple or a pere is frosen in the wynter, sette it to the fyer, and it is destroyed: but yf ye putte it into colde water it shall as well endure, as it dyd afore, whereby it doth appere that the water resolueth colde, better wyth hys moysture, than the fyer can do by reason

son of hys heate, for ẏ water relenteth and the fyer draweth and dryeth, as affyrmeth Galiene in his booke of elementes.

Hytherto haue I declyned by occasiō, but I truste not in vayne to the reder, nowe to my purpose.

When a yonge chylde is so takē wyth a colde, I esteme it best for to bathe the bodye in luke warme water, wherein hath ben sodden maiorym and tyme, ysope, sage, myntes, & suche other good and comfortable herbes, then to releue it wyth meates of good nouryshment, accordyng to the age and necessitie, and yf nede be, when ye se the lymmes yet to be starke, make an oyntment after this fourme.

¶ An oyntment for styffe and stoyned lymmes.

Take a good handfull of nettles, & stampe them, then seeth them in oyle to the thyrde parte in a double vessel, kepe that oyntment in a drye place, for it will last a great whyle, and is a singuler remedye

medye for the styfnesse that commeth of cold, and whoso anoynteth his handes and feete with it in the mornynge shall not be greued wyth colde all the daye after.

The seedes of nettles gathered in haruest & kept for ẏ same entēt, is exceding good soddē in oyle or fryed w̄ swynes grese, which thing also is very good to heale ẏ kybbes of heeles, called in latin Perniones. The vryne of a goote w̄ the donge stamped & layed to the place, resolueth the styfnesse of lymmes.

When the cause commeth not by extreme colde, but of some other affectiō of the synowes and cordes, it is best to make a bath or a fomētation of herbes that resolue and comfort the synowes, with relaxation of the grosse humours and to opē the pores as by exāple thus. Take malowes, holyhocke and dyll, of eche a handful or two, seeth them in the water of netes feete, or in broth of flesh wythout salt, wyth a handfull of bran and comyne, in the which ye shall bathe

the

the chylde, as warme as he may suffre, and yf ye see necessitie, make a playstre wyth the same herbes and laye it to the griefe, wyth a lytle goosegrese, or duckes grese, or yf it maye be gotten, oyle of camomylle, of lylyes, and of dylle. Cloutes wette in the sayde decoction, and layed about the membres, helpeth.

¶ Of bloodshotten eyes, and other infirmities.

Somtyme ꝑ eyes are bloodshotten and other whyles encreasynge a fylthye and whyte humoure, couerynge the syght, the cause is often of to moche crying, for the whiche it is good to drop in the eyes a lytle of the iuce of nyghtshade, otherwyse called morel, and to anoynt the forehead with the same, and yf the eye swell, to wette a clout in the iuce, and the whyte of egges, and laye it to the greke.

If the humour be clammyshe and tough, and cleueth to the corners of the

eyes

eyes, so that the chylde can not open them after his slepe, it shall be remoued with the iuce of houseleeke dropped on the eye with a fether.

When the eye is bloodshotten and redde, it is a synguler remedye to put in it, the bloode of a yonge pigion, or a doue, or a partryche, eyther hote from the byrde, or els dried and made in poudir, as subtyle as maye be possyble.

¶ A playstre for swellyng and payne of the eyes.

Take quynces and cromes of whyte breed, and seeth them in water tyl they be softe, then stampe them, and wyth a lytle saffron, and the yolkes of two eggs, make a playster to the chyldes eyes and forehed. Ye maye let hym also to receyue the fume of that decoction. It is also good in the meygrym: yf ye wyl haue further, loke in the regyment of lyfe in the declaration of paynes of the heed.

¶ Of watrynge eyes.

If the chyldes eyes water ouermoche wythout crying, by reason of a distillation cōmyng from the heed, Manardus teacheth a goodly playstre, to restrayne the reumes and is made thus.

Hartes horne brente to pouder, and wasshed twyse, guaiacum, otherwyse called lignū sanctū, corticū thuris, antimonye, of eche one part, muske the. iii parte of one parte, make a fyne pouder and vse it w̄ the iuce or water of fenell. These thynges haue vertue to staūche ẏ rennyng of eyes. The shelles of snayles brent, the tycke that is found in the dugges of kyne, philipendula, frankensence ⁊ the whyte of an egge layed vpō the foreheed, flewort or the water wher in it is steped, tutie, the water of buddes of oke stylled, beanefloure fynelye syfted, and w̄ the gūme of a cherytree steped ī vinegre, ⁊ layd ouer al ẏ tēples.

¶ Of scabbynesse and ytche.

Sometyme

Sometyme by reason of excesse of heate, or sharpenesse in the mylke, throughe the nourses eatyng of salt and eygre meates, it happeneth that a chyld is sene ful of ytch by rubbing, fretyng, and chafynge of it selfe, encreasyng a scabbe called of the Gickes Psora: whyche thynge also chaũceth vnto many after they be weaned, proceding of salt & adust humoures, the cure whereof differeth in none other, but accordyng to ỹ difference of age, for in a suckyng babe ỹ medicines may not be so sharpe, as it maye be suffered in one that is all redye weaned. Agaynste suche vnkynde ytche, ỹ maye make an oyntment thus.

Take water betony. ii. good handfulles, daysye leaues, and alehofe otherwyse called tũnour or grounde yuye, of eche one handfull, the red docke rootes. two or three, stampe them all togyther, and grynde them well, then myngle thẽ wyth freshe grese, and agayne stampe

them. Let them so stande .viii. dayes to putrifye tyll it be hoze, then frye them out and strayne them and kepe it foz ꝑ same entent.

This oyntment hath a greate effecte, both in yonge and olde, and that wythout repercussion oz dryuing backe of ꝑ matter, whyche shoulde be a perylouse thynge foz a yonge chylde.

The herbe water betonye alone, is a great medicyne to quenche all vnkynde heates without daunger, oz ꝑ sethyng of it in cleare welle water, to annoynte the membzes. It is a cōmon herbe, and groweth by ryuers sydes and smal renning waters, and wette places, arysing many times the heygth of a man out of the grounde, where he reioyseth, wyth a stalke foure square, and many braunches on euery syde, and also it beareth a whytysh blewe flowze very small, and in harueste it hath innumerable seedes, blacke, and as fyne as the seede of tutsone oz lesse, the leues bygge and long, accozdyng to the grounde, full of myce,

iagged

lagged on the sydes lyke a sawe, euen as other betonye, to whome it approcheth in figure, and opteineth his name of water betonye. The sauoure of the leafe is somewhat heauye, mooste lyke to ꝑ sauour of elders or walwort, but when it is bruised it is more pleasaunt, whyche thyng inducеth me to vary frō the myndes of them that thynke thys herbe to be Galiopsis in Dioscorides, wrytten of hym that it shoulde stynke when it is stamped, but the more thys herbe is stamped, the more swete and herbelyke it sauoureth: therfore it can not be galeopsis, and beslydes that, it is neuer founde in drye and stony ground as the Galiopsis is. Neyther is thys herbe mencyoned of the newe or olde authours, as farre as I can see, but of onely Vigo, ꝑ famous surgyon of our tyme in Italye, whyche wryteth on it, that thys herbe exceadeth all other in a malo mortuo (so calleth he a kynde of leprye elephantyk, or an vniuersal and fylthye scabbe of all the bodye) and in

lyke maner he sayeth it is good for to cure a canker in the breastes. Ye maye reade these thynges in his second boke, Capitul.iii.and hys fyfth booke of the Frenche pockes, in the thyrde chapter: where he doth describe thys aforesayd herbe, wyth so manyfeste tokens, that no man wyl doubt it to be water betonye, conferryng the boke and the herbe duly togyther. Moreouer he nameth in Italye a brydge where it groweth in the water in greate aboundaunce,and called of that nacyon Alabeueratore, whych in dede the Italyons that come hyther and knowe bothe the place and the herbe do affyrme playnely,it is our water betonye,

And where as he allegeth Dioscorides in clymeno,whych by cõtemplatiõ of both hath but small affinitie or none wyth thys herbe, it was for nothynge els but lack of the tonges,which faute is not to be so hyghly rebuked in a man of his studye,applyinge hym selfe more in the practyse of surgerye,& to handye

operation, wherein in dede he was nere incomparable, then he dyd to search the varyaunce of tonges, ⁊ rather regarded to declare ẏ operation of thynges w̄ truthe, then to despute vpon ẏ propertyes of names with eloquence.

Thus haue I declyned agayne from my matter, partly to shewe the descryptiō of this holesome herbe, partely to satysfye the myndes of the surgions in Nigo, whiche haue hytherto redde the sayde places in vayne: ⁊ furthermore bycause there is yet none that declareth manifestly the same herbe.

¶ An other remedye for scabbes and ytche.

Take the rootes of dockes, and frye them ī fresh grese, then put to it a quātitie of brymstone in pouder, and vse to rubbe the places twyse or thryse a day. Brimstone poudred and souped ī a rere egge healeth the scabbes, whych thyng is also very good to destroye wormes.

¶ A goodly swete sope for scabbes and ytche.

Take

Take whyte sope halfe a pounde, & stepe it in suffycient rose water, tyl it be well soked, then take two drammes of mercurye sublymed, dissolue it in a lytle rosewater, labour the sope and the rosewater wel together, and afterward put in it a lytl: muske or cyuette, and kepe it. This sope is excedynge good to cure a greate scabbe or ytche, and that wythoute peryll, but in a chylde it shall suffyce to make it weaker of the mercurye.

¶ An other approued medicyne for scabbynesse & ytche.

Take cumyterrie, docke rootes, scabiouse, and the roote of walwort, shāpe thē all, & set them in fresshe grese to putrifie, then frye them and strayne them in whych lycour ye shal put turpentine a lytle quantitie, brymstone, and frankensence very fynely poudred and syfted a portion, and with sufficient wax make an oyntment on a softe fyre: thys is a synguler remedye for the same purpose. But in thys cure ye ought to gyue

the

the chylde no egges, nor anye eygre or sharpe meat, and the nurse also must auoyde the same, and not to wrappe it in to hoote, and yf neade be, to make a bath of fumiterrye, centaurye, fetherfewe, tansie, wormewood, and sauge alone, yf ye se the cause of the ytche or the scabbe to be wormes in the skynne, for a bytter decoction shal destroy them and drye vp the moystures of the sores.

¶ Of diseases in the eares.

Many dyseases happē in the eares, as payne, apostemes swellynges, tynklyng and soūd ī ẏ heed, stoppyng of the organes of hearynge: Water, wormes, & other infortunes gotten into the eares, wherof some of them are daungerous and harde to be cured, some other expelled of nature without medicyne.

¶ Remedye for payne in the eares.

For payne in the eares withoute a manifest cause, as often chaunceth, it is a singuler remedye to take the chest

wormes,

wormes, that are founde vnder barkes of trees, or in other stumpes ī ẏ groūd and wyll tourne rounde lyke a pease, take of them a good quantytye, and seeth them in oyle, in the rynde of a pomegranade on the hote ymbres, that it brenne not, and after that strayne it and put into the eares a droppe or two luke warme, and then lette hym lye vpon the other eare, and reste. Ye maye gyue thys to all ages, but in a chylde ye must put a very lytle quantitie.

¶ An other.

The hame or skynne of an adder or a snake, that she casteth, boyled in oyle, & dropped into the eares, caseth ẏ payne and it is also good for an eare that mattereth myngled with a lytle honye, and put in luke warme. It is also good to droppe into ẏ eares the iuyce of organye and mylke.

¶ For swellyng vnder the eares.

Paynters oyle, which is oyle of lyne seed is excedyng good for the swellyng

of

of the eares, and for payne in the eares of all causes.

Item a playster made of lynesede & dylle, with a lytle duckes grese & honye.

Yf ye se the apostume breke, & renne ye maye clense it with the iuce of smallache, the whyte of an egge, barly flour, & honye, which is a cõmon playstre to mundifye a sore.

When the eares haue receyued water or any other licour, it is good to take and stampe an onyon and wryng out ỹ iuce with a lytle goosegrese, and droppe it hote into the eare as it may be suffred and laye hym downe one the contrarye syde an houre, after that cause hym to nese yf his age wyll suffre, wyth a lytle p̃ ulitorie of Spayne, or nesingpouder, and then enclyne hys eare downeward: that the water maye yssue.

¶ For wormes in the eares.

Take myrre, aloes, and the seede of colocynthis, called coloquintida of the apothecaries, a quantity of eche, seethe them ī oyle of roses, & put a litle ī ỹ eare

Wirts

Myrre hath a great vertue to remoue the ſtynche that is cauſed in the eares by any putrefaction, and ꝑ better wyth oyle of bytter almons, or ye may take ꝑ iuce of wormewood wyth hony and ſalt peter.

¶ For wynde in the eares and tynklynge.

Take myrre, ſpykenarde, cumyne, dylle, and oyle of camomylle, and put a droppe i the eares. They that haue not all theſe maye take ſome of them, and applye it accordyng to diſcretion.

To amende deafneſſe ye ſhall make an oyntment of an hares galle, and the greſe or droppynge of an ele, which is a ſouerayne thyng to recouer hearyng.

¶ Of neſyng out of meaſure.

When a chylde neſeth oute of meaſure, that is to ſaye, w a longe continuaunce, and therby the brayne and ver- tues animall be febled, it is good to ſtoppe it, to auoyde a further i conuenience.

Wher-

Wherfore ye shall annoynt the heade, wyth the iuyce of purcelane, sorell, and nyghtshade, or some of them and make a playster of the whyte of an egge, and the iuyce, wyth a lytle oyle of roses, & emplayster the forheade and temples, wyth the mylke of a woman, oyle of roses, and vyneger a lytle.

If it come of colde reume, ye shall make a playster of mastyke, frankynsens, myrre, wyne, and applye it to the former parte of the head. A fume of the same receyued in flaxe, and layed vpon the chyldes head, is holsome.

¶ Breedynge of teeth.

About ꝑ seuẽth moneth, somtyme more, sometyme lesse after ꝑ byrthe, it is natural for a chyld for to breede teeth, in which time many one is sore vexed, wꝺ sõdrye diseases & peynes, as swelling of ꝑ gummes & iawes, vnquiete crycnge, fluxes, crampes, palsies, fluxes, reumes, & other infirmities, specially whan it is longe or the teeth come forth,

forth, for the soner they apere, the better, and the more ease it is to the chylde There be diuers thynges that are good to procure an easy breedyng of teeth, among whom the chiefest is to annoynt the gummes, wyth the braynes of an hare, myxte wyth asmuch capons greee and honye, or anye of these thynges alone, is exceadynge good to supple the gummes and the synewes.

Also it is good to washe the chylde two or thrce tymes, in a weeke, wyth warme water, of the decoction of camamyll, hollyhocke and dylle.

Fresshe butter, wyth a lyttle barlye floure, or honye, wyth the fyne pouder of frankinsence & liquirice, are commēded of good authours for ỹ same entent

And whan the peyne is greatte, and intollerable, wyth apostcme or inflammation of the goummes, it is good to make an oyntmente of oyle of roses, wt the iuyce of mozelle, otherwyse called nyghtshade, and in lacke of it, annoynt the iawes wythin, wyth a lytle fresshe

butter

butter and honye.

For lacke of the hares brayne, ye may take the conyes, for they be also of thy kynde of hares, and called of Plinye Dasypodes, whose mawes, are of the same affecte in medicyne, or rather more, than is wrytten of authoures, of the mawes of hares.

If ye se the gummes of the chyld to apostume or swelle wyth softe flesshe, full of matter and paynefulle, the beste shall be to annoynt the sore place wyth the brayne of an hare, & capons grece, equallye myxt togyther, and after that ye haue vsed thys, ones or twyse, annoynte the gommes, and apostemations wyth honye.

Thyrdlye yf thys helpe not, take turpentyne myxte wyth a lytle honye in equal portion. And make a bathe for the head of the chylde, in this fourme.

Take the floures of camomylle and dyll, of eche an handeful, seeth them in a quarte of pure rennynge water, vntil they be tender, and washe the head afore

fore anye meate, euery mornynge, for it pourgeth the superfluytye of the brayn-nes, thorough the seames of the skull, and wythdraweth humours from the sore place, fynally comforteth ꝑ brayne & all the vertues anymall of the chyld.

To cause an easie breedyng of teeth, many thinges are reherced of auctours beside the premisses, as the fyrste cast tooth of a colte set in syluer and borne, or redde corall in lyke maner, hanged about the necke, wherupon the chylde shulde oftentymes labour his gummes and manye other lyke, whyche I leaue out at this tyme, to auoyde tediousnes onely content to declare thys of corall, that by consent of all authours, it resi-steth the force of lyghtenynge, helpeth the chyldren of the fallynge euyll, and is very good, to be made in pouder, and dronken agaynst all maner of bleedyng of the nose or fundament.

¶ Of a canker in the mouthe.

Many times

Any tymes by resō of corruptiō of the mylke, venymous vapoures arysynge frō the stomake, & of many other in fortunes, there chaūceth to brede a canker in the mouthes of chyldren, whose sygnes are manifest ynough, ẏ is to saye by stinkynge of the mouthe, peyne in the place, contynual rennynge of spyttle, swellyng of the cheke, and when the mouth is opened agaynst the sōne, ye maye se clereye where the cāker lyeth. It is so named of the latter sorte of phisitions by reason of crepynge & eatynge forwarde & backewarde, and spreadeth it selfe abrode, lyke ẏ feete of a creuis, called in latyne cācer, notwithstandynge I knowe that the Greekes, and aunciente latynes, gyue other names vnto this dysease, as in callyng it an vlcer, other whyles aphthe, nome, carcinomata, and lyke, whiche are al in englyshe, knowen by the name of canker in the mouthe, and although there

be many kyndes accordyng to the matter wherof they be engendred, and therfore requyre a dyuersitie of curyng, yet for the moste parte, whan they be in chyldern the cure of them all differeth verye lytle or nothyng, for the chyefe entent shall be to remoue the malignitye of the sore, and to drye vp the noysome matter and humours, than to mundify and heale, as in other kyndes of vlcers sores, and woundes.

¶ Remedies for the canker in the mouthe of children.

Take dryc redde roses, & violettes, of eche a lyke quantity, make them in pouder: and myxte them, with a lytle honye, thys medycyne is verye good in a tender suckynge chylde, and many times healeth alone, without any other thing at all. But yf ye se there be great heate & burnynge in the sore, with creedyng payne ye shal make a iuyce of pur selane,

selane, lettuse & nyghtshade, & walshe the sore wyth a fyne peyce of sylke or dryue it in wyth a spoute called of the surgions a sprynge.

Thys by the grace of God, shall abate the brennynge, aswage the peyne, and kyll the venyme of the vlcer.

But yf ye se the canker yet encrease wyth greate corruption and matter, ye shal make an oyntmēt after this maner

Take myrre, galles wherewyth they make ynke, or in defaute of them, okem apples dryed, frankynsence, of eche a lyke moche, of the blake buries growynge on the bramble, taken frome the bussche whyle they be grene, the thyrde parte of al ꝑ reste, make them al in pouder, & myxte them with asmoch honye & saffron, as is sufficient, and vse it.

¶ A stronger medicine for the cāker in the mouth of children.

Take the roote of celidonie dryed, the ryndc of a pomegranate, redde corall in pouder, and the pouder of a hartes horne, of eche a lyke, roche alume

lytle, Fyrste walshe the place wyth wyne, or warme water, and honye, and afterwarde putte on the forelayd pouder, very fyne and subtile.

¶ An other synguler medicyne for the canker in the mouthe of all ages.

Re. yslope, sage, rue, of eche one good handefull, sethe them in wyne and water, to the thyrde part, then straynе the out, and putte in it a lytle whyte coperose, accordynge to necessytye, that is to saye, whan the sore is greatte, putte in the more, whan it is smalle ye maye take the lesse, than adde to it a quantitie of honye clarifyed, and a sponefull or. ii. of good aqua vite, washe ỹ place wyth it, for it is a synguler remedy, to remoove the malyce in a shorte whyle, whyche done ye shall make a water incarnatyue and healynge thus.

Re. rybworte, betonye and daysies, of eche a handefull, seethe them in wyne, and water, and washe hys mouthe. ii. or. iii. tymes a day wyth the same iuce.

Moreouer

Moreouer some wryte, ẏ cristal made in fyne pouder, hath a singuler vertue to destroye the canker, and in lyke maner the pouder of an hartes borne brēt wyth asmothe of the rynde of a pomegranade, and the iuyce of nygthshade, is very good and holsome.

¶ Of quinsye and swellynge of the throte.

The quīsie is a daūgerous sickenes, bothe in yonge ⁊ olde, called in latyne angina, it is an inflāmation of the necke w̄ swellyng ⁊ great peyne, somtyme it lyeth in the verye throte, vpon the wesant pipe, ⁊ thā it is excedyng perillous for it stoppeth the breath, and strāguleth the pacient anone. Other whyles it breaketh out lyke a bonthe on the one syde of the necke, and than also with verye great difficultie of breathyng, but it choketh not so sone as the fyrste doeth, and it is more obedient to receyue curatiō. The signes are aparaunt to syght and besy-

des that the chylde can not crye, nether swallowe downe his meat and drynke wythout payne.

¶ Remedye.

It is good to annoynt the greke with oyle of dylle, or oyle of camomyll, and lylies, and to laye vpon the heade, hote cloutes dipte in the waters of rosemary, lauender, and sauery.

The chyefeste remedye commended of authours in this outragious sycknes, is the pouder of a swallowe brent wyth fethers and all, and myxte wyth honye, whereof the pacient must swallowe downe a lytle, & the rest anoynted vpon the payne. They prayse also the pouder of the chyldes dunge to ỳ chyld and of a mā to a man, brent in a potte, & anoynted with a litle honye. Somme make a compounded oyntment of bothe, the receyte is thus. ℞. of the swallowe brent, one portion: of the secōd poudre another, make it in a thycke fourme wᵗ honye, and it wyll endure longe for the same entent.

Item

Item an other experimente for the quinsy and swellynge vnder the eares.

Take the muscrim that groweth vpon an elder tre, called in englysshe iewes eares (for it is in dede crōcled and flat, mouch lyke an eare) heate it agaīst the fyer, and put it hote in any drynke, the same drynke is good and holsome for the quynsy.

Some holde opiniō that who so vseth to drynke wyth it, shall neuer be troubled wyth this dysease, and therefore carye it about with them in iorneys.

¶ Of the cough.

The cough in chyldren for the moste parte, procedeth either of a colde, or by reason of rewmes: descendynge from the head into the pypes of the longes or the breast, and that is moste commonlye by ouermoche abounda=unce of mylke, corruptynge the sto=make and brayne, therfore in that case, it is good to fede the childe wyth a more slender dyete, and to an=

noynt the heade ouer, wyth honye, and nowe and than to presse his tonge with your fynger, holdynge downe his head that the reumes maye issue, for by that meanes the cause of the cough shall ren out of hys mouth, & auoyde the chylde of many noughtie and slymy humours whyche done many tymes the pacient amendeth, wythout any further helpe of medicine.

¶ For the cough in a childe.

Take gomme arabik, gumme dragagant, quynce seedes, liquprice and penidies, at the pothecaries, breake them al togyther, and gyue the chylde to suppe a lytle at ones, wyth a draught of milk newely warme, as it cõmeth from the cowe.

Also stampe blaunched almons, and wrynge them out wyth the iuyce of fenell, or water of fenell, and gyue it to the chylde to feade wyth a lytle suger.

¶ Agaynste the great cough, and heate in the bodye.

The heades of whyte poppye, and gumme

gumme dragagant, of eche a lyke moch longe cucumer seades, as moche as al, seth them in whaye, wyth raysons and suger, and lette the chylde drynke of it twyse or thryes a daye luke warme, or colde.

¶ Of straytenes of wynde.

Aaynste the straytenes of brethyng whiche is no quinsie, the consent of authours do attribute a greate effecte, to linceede made in poudre, and tempered with hony for the chylde to swallowe downe, a lytle at ones. I fynde also ꝑ the milke of a mare newlye receyued of the child wyth suger, is a synguler remedye for the same pourpose.
Whyche thynge moreouer, is exceding holsome to make the belye laxe wyth out trouble.

¶ Of weaknes of the stomache and vomytynge.

Many times the stomacke of the chyld is so feble that it cannot retayne eyther meate or drike, in which case, and for all debilitye thereof, it is very good, to washe the stomake, with warme water of roses, wherin a lytle muske hath bene dyssolued for that by the odour and natural heate gyueth a comforte to all the spirituall membres.

And than it is good to roste a quynce tender, and wyth a lyttle pouder of cloues and suger, to gyue it to the chylde: to eate conserua quynces, wyth a lyttle cynamome and cloues is singuler good for the same entent. Also ye may make a iuyce of quynces & gyue it to the child to drynke wyth a lytle suger.

¶ An oyntment for the stomacke.

Take gallia muscata at the pothecaryes. xx. grayne weyght, myrrhe a very lytle, make it vp in oyntmente fourme, wyth oyle of mastyke, and water of roses sufficient, thys is a very good oyntment

ment for the stomacke.

¶ An other singuler receyte.

Take mastyk, frankinsēce, and dyre redde roses, as moche as is sufficiente, make them in pouder, and temper them vp, wyth the iuyce of myntes, and a sponcfull of vynegre and vse it.

¶ An other.

Take wheate floure, and parche it on a panne, tylle it begynne to brenne and ware redde, than stampe it with vynegre, and adde to it, the yolkes of .ii. eggs harde rosted, mastyke, gumme, and frankensence sufficient, make a plaistre and laye it to the stomake.

¶ To recouer an appetyte lost.

Take a good handfull of ranke and lustye rewe, and seeth it in a pynt of vinegre to the thyrde parte or lesse, and make it very stronge, wherof yf it be a childe, ye maye take a tooste of browne bread, and stampe it with the same vynegre, and laye it playstrewyse to the stomake, and for a stronger age beside the playstre, lette hym suppe morynge and

and euenyng of the same vynegre.
This is also good to recouer a stomak lost, by comynge to a fyre after a longe iourney, and hath also a synguler vertue to restore a man that swowneth.

¶ An experiment often approued of Ralis for the vomyte of chyldren.

Ralis a solempne practitioner amõg phisitions, affirmeth that he healed a greate multitude of this dysease onelye wyth the prartyse folowynge which he taketh to be of great effecte in all lyke cases.

Fyrst he maketh as it were an electuarye of potheearye stuffe, that is to saye, lignum aloes, mastyke, of euerye one halfe a dramme, galles halfe a scrupule, make a lectuarye wyth syrupe of roses, and gallia muscata and sugre.

Of this he gaue the chyldren to eate a very lytle at ones and oftẽ. Afterward he made a playster thus. ℞, mastyke, aloes, sloes, galles, frankensence, and drent breed, of eche a like portion, make

a plai-

a plaistre with oyle and syrupe of roses to be layed to the childes stomake hote.

¶ An other oyntment for the stomake, described of Wilhel. Placentino.

Take oyle of mastyke or of wormes wood. ii ounces, waxe, thre oūces, cloues, maces, and cynamome of eche, thre drammes, make an oyntment, addynge in the ende a lytle vynegre.

The yolke of an egge harde rosted, mastyke, frankencence and gumme, made in a plaistre with oyle of quinces, is expedyng good for the same purpose.

¶ Of yearyng or hycket.

IT chaunceth oftentymes that a chylde yeareth out of measure. Wherfore it is expedyent to make the stomake eygre afore it be fed, & not to replenyshe it wyth to moche at ones, for this disease commōly procedeth of fulnes: for yf it come of emptinesse, or of sharpe humours in the mouth of the stomake, whiche is seldom

seldom sene: the cure is thē very difficil and daungerous.

¶ Remedye.

When it cōmeth of fulnesse ꝑ a child yeaxeth incessauntlye without measure and that by a lōg custome, it is good to make hī vomyt wꝭ a fether, oꝛ by some other light meanes, ꝑ the matter which causeth the yeaxynge, maye yssue and vncombꝛe the stomak, that done, bꝛyng it a slepe, and vse to annoynt ꝑ stomak wyth oyles of castoꝛ, spyke, camomyll, and dyll, oꝛ two oꝛ thꝛe of them, ioyned togyther warme.

¶ Of colycke and rumblynge in the guttes.

PEyne in the belly is a cō mon dysease of childꝛen, it cōmeth eyther of wooꝛmes, oꝛ of takinge colde, oꝛ of cuylle mylke, the sygnes thereof aꝛe to well knowen foꝛ the childe can not rest, but cryeth, & fretteth it self, & manye tymes, can not make theyꝛ bꝛyne, by reason of wynde,

wynde, that oppresseth the necke of the bladder, & is knowen also, by the mēbre in a man child, whyche in this case, is alwaye styffe, & pryckynge, moreouer ȳ noyse & rōblyng in the guttes, hyther & thither declareth ȳ child to be greued, with wynde in the bellye and colik.

¶ Cure.

The nourse muste auoyde all maner meates that engēdre winde, as beanes, peason, butter, harde egges, and suche. Then washe the chyldes bellye wyth hote water wherin hath ben sodden co mync, dylle and fenell, after that make a playstre of oyle and waxe, and clappe it hote vpon a cloth vnto the bellye.

¶ An other good playstre for the same entent.

Take good stale ale and fresh but ter, seeth them with an handfull of co= mync poudred, and after put it all to= gyther into a swynes bladder, & bynd= the mouthe faste, that the lycoure yssue not out, thē wynde it in a cloth, & turne it vp and downe vpō the belly as hote as the

as the pacient maye ſuffer, this is good for the colyke after a ſodayne colde, in all ages, but in chyldē ye muſt beware ye applye it not to hote.

¶ Of fluxe of the bellye.

Many times it happeneth eyther by takyng colde, or by reſō of great paine in breedynge of teethe, or els through ſalt and eygre fleume or cholere engēdred in ꝑ bodye, ꝑ the childe falleth into a ſodayne laxe, which yf it longe cōtinue & be not holpen, it may bryng ꝑ pacient to extreme leaneſſe, & conſumptiō: wherfore it ſhal be good to ſeke ſome holſome remedy & to ſtoppe the rennyng of the fluxe thus.

¶ Remedye for the fluxe in a chylde.

Fyrſt make a bath of herbes that do reſtrayne, as of plantayne, ſaint Johns weede called ypericon, knotgraſſe, burſa paſtoris and other ſuche, or ſome of them, and vſe to bath him in it as hote as he may wel ſuffre, then wrappe him in with

in ẅ clothes, & laye him downe to slepe.

And yf ye se by this twyse or thryse vlynge, that the belye be not stopped: Ye maye take an egges yolke harde rosted, and grynde it with a lytle saffron, myrrhe and wyne, make a playster, and applye it to the nauyl hote. Yf this succede not, then it shalbe necessarye for to make a poudre to gyue him in his meate with a litle sugre and in a smal quantitie thus.

Take the poudre of hartes horne brẽt, & poudre of gootes clawes, or of swynes clawes brẽt, the poudre of the seede of roses whyche remayne in the berye when the rose is fallen, of euerye one a portion, make them very fine, & with good redde wyne or almon mylke, and wheat flourc, make it as it were a paste and drye it in lytle balles tyll ye se necessitie, it is a singuler remedie i al suche cases.

Item the mylke wherin hath bene sodden whyte paper, and afterwarde quenched, maye hote prons or gaddes

of stele, is excedynge good for the same entent to drynke.

And here is to be noted, that a natural flure is neuer to be feared afore the .vii. day, and except there issue blood, it ought not to be stopped afore the sayde tyme.

Pouder of the herbe called knotgrasse or the iuce therof in a posset dronken. or a playstre of the same herbe, & of bursa pastoris, bolcarmeny, and the iuce of plantayne with a lytle vynegre, and wheate floure is excedynge good for the same cause.

Also the tyndle mawe of a yonge suckynge kydde gyuen to the chylde, the weight of .r. graynes, with ye yolke of an egge softe rosted, and let the patient abstayne from mylke by the space of .ii. houres before and after, in stede whereof ye may gyue a rosted quince or a warden wyth a lytle sugre and cynamome to eate.

¶ Item an other goodly receyte for the same entent.

Take

Take sorel seed and the kernelles of greate raysyns dryed, ackorne cuppes, and the seed of whyte poppye: of eche. ii. drāmes, saffron a good quantitie, make them in pouder and tempre them wyth the iuce of quynces, or syrupe of red roses this is a souerayne thyng in al fluxes of the woumbe.

Many other thynges are written of authours in the sayd disease, whiche I here leaue out for breuitie: and also bycause the afore reherced medicynes are suffycient ynough in a case curable: yet wyll I not omytte a goodly practyse in the sayde cure. The pesyll of an hart or a stagge dryed in pouder and dronken, is of great and wonderful effect in stoppyng a fluxe. Whiche thyng also is approued in the lyuer of a beaste called in Englysshe an otter. The stones of him dronken in pouder, a lytle at ones thyrtye dayes togyther, hath healed men for euer of the fallyng euyll.

¶ Of stoppynge of the bellye.

Even as a fluxe is daungerous, so is stoppynge and hardenesse of ẏ bellye greuous & noysome to the chylde, and is often cause of the colycke and other diseases.

Wherfore in this case ye muste alwaye put a lyttle hony into ẏ chyldes meate and lette the nource gyue hym honye to sucke vpon her fynger, and yf this wyl not helpe, then the nexte is to myxe a lytle fyne and cleare turpentyne, wyth honye, and so to resolue it in a saucer, and let the chylde suppe of it a lytle.

This medicine is descrybed of Paulus Agineta, and recyted of dyuers other as a thyng very holsome and agreinge to the nature of the chylde, for it doeth not only losen ẏ belly without grefe or daunger, but doth also purge the lyuer and the longes, with the splene and kidneyes generally comforting all the spirituall membres of the bodye,

The gall of an oxe or a cowe layed

vpon

vpon a cloute on the nauyll, causeth a chylde to be loose bellyed, lykewyse an emplaystre of a rosted onyon, the galle of an ore, and butter layed vpon the belye as hote as he maye suffre. Yf these wyll not helpe, ye shal take a lytle cotten, and rolle it, and dyped in the layds gall, put it in the fundament.

¶ Of wormes.

Here be dyuerse kyndes of wormes in ye belye, as longe, shorte, rounde, flat and some smalle as lyce, they be all engendred of a crude, grosse, or phlegmatyke matter, and neuer of choler nor of melancholy, for all bytter thynges kylleth them, and al swete meates that engendre fleume, nourysheth and fedeth the same. The signes dyffer accordyng to the wormes. For in the long & round the pacient cōmonly hath a drye cough, payne in the belly about ye gutters, some tyme yearynge & trēblyng in ye night, & starte sodaynely, & fall asleepe agayne.

other whyles they gnasshe and grynde theyr teeth togyther, the eyes ware hollowe, with an eygre loke, & haue greate delyte in slombryng, and sylence, verye loth when they are awaked. The pulse is incertayne, and neuer at one staye, sometyme a feuer with greate colde in the ioyntes, which endureth thre or iiii houres i the nyght or daye, many haue but small desire to meate, and when they desyre, they eate verye greedelye, whych yf they lacke at theyr appetyte, they forsake it a great whyle after, the hole body consumeth and wareth leane the face pale or blewe: somtyme a flure somtymes vomyte, and in some the belye is swollen as styffe as a tabret.

The longe and brode wormes are knowen by these sygnes, that is to saye, by yelowneſſe or whyttishneſſe of the eyes intollerable hungre, greate gnawyng and grypyng in the bellye, specyally afore meat, water commyng oute at the mouth, or at ꝑ foundament, continuall ytche and rubbyng of the nosethrylles,

sonken

sonken eyes and a stynkyng breath, also when the person doth his easement, there appeareth in the donge lytle flat substaunces, moche lyke the seedes of cucumers or gourdes.

The other lesse sorte are engendred in the great gutte, and may wel be knowen by the creedynge ytche in the fundament within, and are oftētymes sene commyng out with the excrementes. They be called of phisions ascarydes

¶ Remedy for wormes in chyldren.

The herbe that is founde growyng vpon oysters by the sees syde, is a synguler remedye to destroye wormes, and is called therfore of the Grekes Scolystabotani, that is to saye, the herbe that kylleth wormes: it must be made in pouder, and gyuen wyth sweate mylke to the chylde to drynke. The Phisicions call the same herbe coralino.

¶ A singuler receyte for to kyll wormes.

Take the gall of a bull or oxe, newlye:

lye kylled, and ſtampe in it an handfull of good comyne, make a playſtre of it, & lay it ouer all the bellye, remouyng the ſame euery ſyxe houres.

Item the galle of a bulle wyth ſeedes of colocynthis called colloquintida of the potheearyes, and an handfulle of baye berryes well made togyther in a playſtre, with a ſponefull of ſtrong vinegre, is of greate effecte i ꝑ ſame caſe.

Yf the chylde be of age or ſtronge complexion, ye may make a fewe pilles of aloes, and the pouder of wormeſeed, then wynde them in a pece of a ſingyng lofe, and annoynt them ouer wyth a lytle butter: and lette them be ſwalowed downe hole without chewyng.

¶ Of ſwellyng of the nauill.

IN a chylde lately borne, and tender, ſomtyme by cuttyng of the nauyll to nere, or at an inconuenient ſeaſon, ſometyme by ſwadlynge or byndynge amyſſe, or of moche crying, or coughynge, it happeneth otherwhyles, that

that the nauyll aryseth and swelleth wyth greate payne and apostemation. the remedy wherof is not muche differente from the cure of vlcers, sauynge in thys that ye ought to applye thynges of lesse attraction, then in other kynde of vlcers, as for an example, ye maye make an oyntment vnder thys fourme. Take spyke or lauender halfe an ounce, make it in pouder, and wyth thre ounces of fyne and cleare turpentyne, tempre it in an oyntment, addyng a portion of oyle of swete almons. But yf it come of cryinge, take a lytle beane floure: and the asshes of fyne lynnen cloutes brent, and tempre it with redde wyne and honye, and laye it to the sore.

¶ A playstre for swellyng in the nauill.

Take cowes donge, and drye it in poudre, barlye floure, and beane floure of eche a porcyon, the iuyce of knotgrasse a good quantitie, comyne a lytle, make a playstre of all and set it to the nauyll.

An

¶ An other.

Take cowes donge and ſeeth it in the mylke of the ſame cowe, and laye it on the greſe, This is alſo marueylouſe effectuall to helpe a ſoddayne ache, or ſwellyng in the legges.

¶ Of the ſtone in chyldren.

The tender age of children as I ſayd afore, is vexed and afflycted with manye greuous and peryllous diſeaſes, amonge whome there is few or none ſo violent or more to be feared in them, then that whyche is mooſte feared in all kynde of ages, that is to ſaye ỹ ſtone, an hounge and a pityfull diſeaſe, euer the more encreaſyng in dayes, the more rebelling to the cure of Phyſycke.

Therfore is it exceedyng daungerouſe whan it falleth in chyldren, for aſmoch as neyther the bodyes of them may be well purged of the matter antecedent, called humor peccans, nor yet can abide any vyolent medecyne haunynge power to breake

to breake it, by reason wherof the sayed dysease acquyreth suche a strengthe aboue nature, that in processe of tyme it is vtterlye incurable.

Yet in the begynnyng it is oftentymes healed thus.

Fyrste lette the nurse be well dyeted or the chylde, yf it be of age, abstaynyng from all grosse meates, and harde of digestion, as is beafe, bacon, saltemeates and cheese, than make a pouder of the roote of peonye dryed, and myngle it wyth almoche honye as shal be sufficient, or yf the childe abhorre hony, make it vp wyth suger molten a lytle vppon the cooles, and gyue thereof vnto the chylde, more or lesse, accordynge to the strengthe, twyse a daye, tyll ye se the vryne passe casely, ye maye also gyue it in a rere egge, for wythout dout it is a synguler remedye in chyldren.

¶ An oyntment for the same.

Oyle of scorpions, yf it may be gotten, is exceding good to annoynt wyth all the membres, and the nether parte

of

of the bellye, ryghte agaynste the bladder, ye may haue it at the pothecaries.

¶ A singu'er bathe for the same entent.

Take mallowes, holyhock, lylie rootes, lynseed, and parietarye of the wall, seeth them all in the brothe of a shepes head, and therein vse to bathe the chyld oftentymes, for it shal open the straytnes of the condytes, that the stone may issue, swage the payne, and bryngе oute the graucll with the vryne, but in more effecte whan a playster is made, as shal be sayde hereafter, and layed vpon the raynes, and the bellye, immediatly after the bathynge.

¶ A playster for the stone.

Take parietarie of the wall, one portion, & stampe it, doues dounge an other portion, and grynde it, that frye thē bothe i a panne, wyth a good quantitye of freshe buttyre, and as hote, as may be suffered, laye it to the belly and the backe, and from. iiii. houres. to. iiii. let it be renewed.

Thys

This is a soucrayne medicine in all maner ages.

Item an other pouder whiche is made thus.

Take the kernels or stones that are founde in the frupte, called openers or medlers, or of some, medlars.

Make them in fyne pouder, whiche is wounderfull good for to breake the stone wythout daunger, bothe in yong and olde.

The chestwoormes dryed and made in fyne pouder, taken wyth the brothe of a chycken, or a lyttle suger, helpeth them, that can not make theyr bryne.

Of pyssynge in the bedde.

Many times for debilitye of vertue retentiue of the reynes or blader as wel olde mē as chyldren are oftentymes annoyed, whā their vrī issueth out either i theyr slepe or wakyng agaynst theyr willes, hauyng no power to reteyne it whā it cōmeth, therefore yf they will be holpē, fyrst they must auoyde all fat meates, tyll

the

the vertue retentiue be restored agay
and to vse thys pouder in theyr meat
and drynkes.
Take the welande of a cocke, & pluc
it, than brenne it in pouder, and vse
it twise or thryes a daye. The stones
an hedgehogge poudred is of the sa
vertue.

Item the clawes of a goate, made
pouder dronken, or eaten in pottage

If the pacionte be of age, it is go
to make fyne plates of leade, wyth h
les in them, and lette them lye often
the naked backe.

¶ Of brustynge.

The causes of it in a childe a
many, for it maye come of ve
lyghte occasions, as of gre
cryeng, & stoppynge the brea
byndynge to strayte, or by a falle, or
to greate rockynge, & suche lyke, may
cause the filme that spreadeth ouer t
ballye, to breake or to slacke, and so t'
guttes fall downe, into the cod, whyc
yf it be not vtterly vncurable, maye
heale

healed after thys sorte.

Fyrste laye the pacient so vpon his backe, that hys heade maye be lower than his heales, than take and reduce the bowels wyth youre hande, into the due place, afterwarde ye shall make a playster to be layde vppon the coddes, and bounde wyth a lace rounde aboute the backe, after thys fourme.

Take rosyn, frankynsence, mastyke, comyne, lyneseed, and anyse seed of euery one a lyke, pouder of olmonde roottes, that is to saye, of the brode ferne, the .iiii. parte of all, make a playster wt sufficient oyle olyue, and freshe swynes grece, and spreade it on a lether, and let it continue (except a great necessity) two or three weekes, after that applye an other lyke, tylle ye see amendment. In this case it is verye good to make a poudre of the heares of an hare, & to temper it with suger or conserua rosses and gyue it to the chylde twyes euery day.

If it be aboue the age of .vii. yere, ye

maye

maye make a singuler receyte in drink to be taken euerye daye twyse, thus.

¶ A drynke for one that is broosten.

Take matfelon, daysies, comferye and osmūdes, of euery one a lyke, seeth them in the water of a smythes forge, to ꝑ thyrde parte, in a vessel couered, on a softe fyer, than straine it and gyue to drynke of it, a good draughte at ones, mornynge and euenyng, addynge euermore in his meates, and drynkes, the pouder of the heare of an hare, beynge dryed,

¶ Of fallynge of the fundamente.

Many tymes it happeneth that the gutte called of the latynes rectum intestinū, falleth out, at the fundament, and can not be gotten in agayne wythout peyne and labourc, whyche dysease is a common thynge in children, commyng oftentymes of a sodayne colde or a lōge laxe, and may wel be cured by these subscribed medicines.

If

If the gutte hath ben longe out, and be so swollen that it cānot be reposed, or by coldenes of the ayre be congeled, the best counsell is to let the chylde syt on a hote bathe, made of the decoction of mallowes, holihocke, lyneseed, and the rootes of lylies, wherein ye shall bathe the foundamente, wyth a softe cloute or a sponge, and whan the place is supplyed thruste it in agayne, whyche done, than make a pouder thus.

¶ A pouder for fallynge of the foundament.

Take the poudre of an hartes horne brent, the suppes of acornes dryed, rose leaues dryed, goates clawes brent, the rynde of a pomegranate, and of galles, of eucrye one, a portion. Make them in pouder, and strowe it on the fundament. It shall be the better, yf ye put a lytle on the gutte, afore it be reposed in ꝑ place, & after it be setled, to put more of it vpon the fundamēt, than binde it in with hote lynnen clothes, and gyue the chylde quynces, or a rosted warden

to eate wyth cinamome and suger.

¶ An other good pouder for the same.

Take galles, myrre, frankynsence, mastyke, and aloes, of euery one a lytle make thē in a pouder, and strowe it on the place.

A lytle tarre wyth goslegreen is also verye good in this case.

¶ An other good remedye.

Take the wolle fromc betweene the legges, or of the necke of a shepe, which is full of sweate and fattie, than make a lupce of vnsette leekes, and dippe the wolle in it, and laye it to the place as whotte, as maye be suffered, and whan it wareth colde remoue it and apply an other hote, this is a very good remedy for fallynge of the fundament.

If the thylde prouoke many tymes to seege, and can expell nothynge, that dysease is called of the Grekes tenes mos, for the whyche it shall be verye good to applye a playster made of gar dcyne cressys & a comyncin, lykequanti=

tye

tye, frye them in butter, and laye it on the bellye as hote as he maye suffre.

It is also cõmended, to fume the nether partes wyth turpentyne & pitche, & to sytte longe vpon a bourde of ceder or iuniper, as hote as maye be possible.

¶ Chafynge of the skynne.

IN the flanckes, armeholes, & vnder the eares, it chaunceth often tymes ỳ the skyn fretteth, either by the childes own vryne, or for the defaut of washyng or elles by wrappynge and keppynge to hote.

Therfore in the begynnynge, ye shal annoint the places, with freshe capons greece, then yf it wylle not heale, make an oyntment, and laye it on the place.

¶ An oyntement for chafyng and gallynge.

Take the roote of the floure delyce dryed, of redde roses dryed, galingale and mastycke, of eche a lyke quantitye, beate them into moste subtyle pouder: than wyth oyle of roses, or of lynseed make a softe oyntment.

Item the longes of a wether dryed, and made in very fyne pouder, healeth all chafynges of the skine, and in like maner the fragmentes of shomakers leather, brent and caste vpon the place, in as fyne pouder as is possyble, hath the same affecte, whych thyng is also good for the gallynge or chafynge of the fete of what so euer cause it commeth.

Item beanfloure, barlye floure, and the floure of fytches tempered wyth a lytle oyle of roses, maketh a soueraygne oyntment for the same entent.

If ỹ chafynges be great, it is good to make a bathe of holyhocke, dyl, violets & linceed wt a lytle brā, than to washe the same places oftentymes, and laye vpon the sore, some of ỹ same thinges.

The decoction of plantayne, bursa pastoris, horsetayle and knotgrasse, is exceedynge good to heale all chafynges of the skynne.

¶ Of smal pockes & measyles.

THis dysease is common and familier called of the grekes by the gene-

rall

rall name of exanthemata, and of Plinie, papule et pituite eruptiones, not wythstandyng the consent of writers, hath obteyned a destinction of it, in. ii. kyndes, that is to saye varioli the measyls, and morbilli called of vs the small pockes.

They be bothe of one nature, & procede of one cause, sauynge that the measyls are engendred, of the inflāmation of blood, and the smal pockes of the inflammation of bloode myngled wyth choler.

The signes of them bothe, are so manifest, to syghte, that they nede no farther declaration, for at the fyrste some haue an ytche and a fretyng of the skyn as yf it had ben rubbed wyth nettles, payne in the head and in the backe, the face redde in coloure and flecked, feare in the slepe, great thyrste, rednes of the eyes, beatynge in the temples, shotyng and pryckyng thorough all the bodye, then anone after, when they breake out they be sene of dyuers fashyons & fourmes,

mes, somtyme as it were a drye scabbe or a leprye spreading ouer al the mēbres other whiles ī pushes, pīples, & wheles, rennyng with moch corruption & matter, & with greate peyne of the face and throte, dryenesse of the tōge, horcenes of voyce, and in some quiuerynge of the harte, with swownynge.

¶ The causes of these euel affections, are rehersed of authours, to be chyefly foure.

Fyrste of the superfluyties whyche myght be corrupte in the woumbe of ẏ mother, the chylde there beyng, and receyuynge the same into the poores, the whyche at that tyme for debility of nature, coulde not be expelled, but ẏ child increasynge afterwarde in strengthe, be dryuen oute of the veynes, into the vpper skynne.

Secondarilie it maye come of a corrupte generation, that is to saye whan it was engendred in an euyl season, the mother beynge sycke of her natural infirmitye, for suche as are begotten that

tyme

tyme verye seldome escape the disease of leprye.

The thyrde cause maye be an euylle dyete of the nourse, or of the chylde it selfe, whan they feade vppon meates, that encrease rotten humours, as milk and fyshe both at one meale, lykewise excesse of eatynge and drynkynge, and surfeyte.

Fourthlye this dysease commeth by the waye of contagion, whan a sycke person infecteth an other, and in that case it hath great affinitie wyth the pestylence.

¶ Remedye.

The best and most sure helpe in this case, is not to meddle wyth any kynde of medicines, but to let nature woorke her operation, not wythstandynge yf they be to slowe in commynge oute, it shall be good for you to gyue the chyld to drinke, sodden my ke and saffron, & so kepe hym close and warme whereby they maye the soner issue forthe, but in no case to administre anye thynge that might eyther represse the swellynge of

the skynne or to coole the heate that is wythin the membres. For yf thys dyscase which shuld be expelled by a naturall action of the body to the long healthe afterwarde of the pacient, were by force of medicine cowched in agayne, it were euen ynough to destroye ỹ chyld. Therfore abide the ful breaking out of ỹ saide whcales, & then (yf they be not ripe) ease ỹ chyldes peyne by makynge a bath of holihock, dil, camomil & fenel, yf they be rype & matter, thē take fenell wormewood and sage, and seeth them in water, to the thyrde part, wher in ye maye bathe him with a fyne cloth or a spōge. Alwayes prouyded ỹ he take no colde durynge ỹ tyme of his sycknesse.

The wyne wherin fygges haue ben sodde is singuler good in ỹ same case, & may be well vsed in all tymes & causes.

Yf the wheles be outragyous and great, with moche corrosiō and venim come make a decoction of roses and plātayne, in the water of oke, and dissolue in it a lytle englysh honye and cāphore.

The

The decoction of water betonye, is approued good in the sayde dyseases. Likewyse the oyntmēt of herbes, wher of I made mention in the cure of scabbes, is exedynge holsome after the sores are rype.

Moreouer it is good to droppe in ỹ pacientes eyes. v. or vi. tymes a daye a lytle rose or fenel water, to comforte the syght, lest it be hurte by contynuall renning of matter. This water must be mynistred in the somer colde, and in the winter ye ought to aply it luke warme

The same rose water is also good to gargle in his mouthe, yf the chylde be then payned in the throte.

And lest the condites of the nose shuld be stopped, it shall be very expedient to let hym smell often to a sponge wete in the iuce of sauerye, stronge vynegre, & a lytle rosewater.

¶ To take awaye the spottes & scarres of the smal pockes and measels.

The blood of a bulle or of an hare is moche cōmēded of authours to be annointed

noynted hote vpon the scarres, and also the lycour that yssueth out of sheepes clawes, or gootes clawes hette in the fyre. Item the dryppyng of a cygnet or swanne layed vpon the places oftentymes hote.

¶ Feuers.

YF the feuer vse to take ꝑ chylde with a great shakyng, and after warde hote, whether it be cotidian or tercian, it shal be singuler good to gyue it in drynke, the blacke seedes of Peonye made in fyne pouder, searced and myngled with a lytle sugre. Also take plātayne, fetherfew and vervayn, and bathe the chylde in ſt ones or twyse a daye, bynding to the pulces of the hādes and fete a playstre of ꝑ same herbes stamped, and prouoke the childe to sweate afore the fytte commeth.

Some gyue counsell in a hote feuer, to applye a colde playstre to the brest, made in this wyse. Take the iuyce of wormewood, plātayne, mallowes and houseleeke, and temper in thē almoch barlye floure as shal be sufficyent, and

vse it.

vse it. Or thus, and more better in a weake patyent.

Take dyre roses and poudre them then tempre the poudre wyth the iuyce of endyue or purcelane, rose water, and barlye floure, and make a playstre to the stomake.

Item an oyntment for his temples armes and legges, made of oyle of roses, and populeon, of eche lyke moche.

¶ A good medicine for the ague in chyldren.

Take plantayne with the roote, and wash it, then seeth it in fayre runnynge water to the thyrde parte: whereof ye shall gyue it a draughte (yf it be of age to drynke) with sufficient sugre, & laye the sodden herbes as hoote as maye be suffred, to the pulses of the handes and feet. This must be done a litle afore the fytte, and afterward couer it wt clothes

The oyle of nettles wherof I spake in the title of stykneste of lymmes, is excedynge good to annoynt the membres in a colde shakynge ague.

¶ Of

¶ Of swellynge of the coddes.

TO remoue the swellynge of the coddes, procedynge of ventosi-tie, or of any other cause (except brustynge,) whether it be with inflammation or without, here shall be rehersed manye good remedyes, of whyche ye maye vse, accordyng to the qualitye and quantitye of the greefe: alway prouided that in this disease, ye maye in no case applye any repercussyues, that is to saye, set no colde herbes to dryue the matter backe, for it would than returne agayne into the body, and the congelation of such a sinowye mēbre, would peraduenture mortifye the hole. And aboue all, ye maye set no plaster to the stones, wherin humlocke entereth, for it wyll depryue them for euer of theyr growynge, and not only them but the brestes of wenches, whan they be annoynted therewyth, by a certeyne qualitye, or rather an euyl property beinge in it.

¶ A goodly playster for swellyng of the

of the stones.

Take a quarte of good ale worte and set it on the fyre to sethe wyth the crōmes of browne bread strongly leuened, and a handefull of comyne or more in pouder, make a playster wyth all thys and sufficiente beane floure, and apply it to the greke, as hote as may be suffered.

¶ An other.

Take cowes donge, and seethe it in mylke, than make a playster, and laye it metelye hote vpon the swellynge.

¶ An other.

Take comyne, anyseseed, and fenugreke, of eche a like portion, seeth them in ale and stampe them, then tēpre them with fresh maye butter, or a lytle oyle olyue, and applye it to the sore.

¶ An other.

Take camomyll, holyhocke, lynseed and fenugreke, sethe them in water, & grynde all togyther, then make a playster wyth an handfull of beane floure, and vse it.

¶ An other in the begynnyng

of the

of the griefe.

Yf there be moche inflammation or heate in the coddes, ye maye make an oyntment of plantayne, the whyte and yolke of an egge, and a portion of oyle of roses, styrre them well aboute, & applye it to ỳ grefe twyse or thryse a day.

When the payne is intollerable, and the chylde of age, or of stronge complexion yf the premisses wyll not helpe, ye shall make a playstre after this sorte. Take henbane leaues, an handful and an halfe, mallowe leaues, an handfull, seeth them well in cleare water, then stampe them and styrre them, and with a lytle of the broth, beane floure, barly floure, oyle of roses and camomyll sufficient, make it vp and set on ỳ swellyng luke warme. Henbane as Auicēne sayth, is exceadynge good to resolue the hardnesse of the stones by a secret qualitie. Notwithstandynge, yf it come of wynde, it shalbe better to vse the sayde playsters ỳ are made with comyne, for that is of a singuler operatiō in dissoluyng

eyng wynde, as affirmeth Dioscorides wrytyng of the qualities of cumyne.

¶ Of sacer ignis or chingles.

IN Greke herisipelas, and of the Latines sacer ignis, our Englysche women call it the fyre of Sayns Anthonye, or chingles, it is an inflammatiō of membres with excedyng burnynge and rednesse, harde in the feelynge, and for the most parte crepeth aboue the slaynne or but a lytle depe within the flesche.

It is a greuous payne, and maye be lykened to the fyre in consumyng. Wherfore the remedyes þ are good for burning are also very holsome here in this case. And fyrste the greene oyntment of herbes described in þ chapter of ytche, is of good effect also in this cure, more ouer the medicines þ are here described

Take at the pothecaries of vnguētū Galeni an ounce and an halfe, oyle of roses two ounces, vnguenti populeon one ounce, the iuce of plātayne, nightshade one ounce or more, the whites of

thre

thre egges, beate them altogyther, & ye shal haue a good oyntmēt for the same purpose. ¶ An other.

Take earthwormes and stāpe them in vynegre, then annoynt the grefe euery two houres.

Itē the dōge of a swanne, or in lacke of it the donge of a gose stamped wt the whyte and yolke of an egge, is good.

Itē doues donge stāped in salet oyle or other, is a singuler remedye for the same purpose.

¶ Of burnyng and scaldyng.

FOr burnyng & scaldyng whether it be wt fier, water, oyle lead, pytche, lyme, or any such infortune: ye must beware ye set no repercussiue at ꝑ fyrst, that is to saye, no medicine of extreme colde, for that myght chaunce to dryue the ferucēt heate into the synowes & so stoppe the poores, that it coulde not issue whereof shulde happen moche inconuenience in a great burning (but in small it coulde not be so daungerous,) wherfore ꝑ best is when

es when ye se a membze eyther bzent oz scalded, as is sayde afoze.

Take a good quantitie of bzyne, which is made of water and salt, not to excedynge eygre oz stronge, but of a meane sharpenesse: and with a clout oz a spõge bathe the membze in it colde, oz at the leest bloodwarme, thze oz foure houres togyther, the longer the better: Foz it shall aswage moche of the peyne, open the pozes, cause also the fyze to vapour and gyue a great comfozt to the weake membze. Then annoynt the place with one of these medicynes.

Take oyle of roses one part, swete creme two partes, honye halfe a parte, make an oyntment and vse it.

Item all the medicines described in the last chapiter, are of great effecte in this case, lykewyse the grene oyntment made of water betonye.

Item a souerayne medicyne foz burnynge and scaldynge, and all vnkynde heates is thus made. Take a dosen oz moze of harde rosted egges, and put the

yolkes in a pot on the fyre by thē selfe, without lycour, styrre them and braye them with a stronge hande, tyl there aryse as it were a froth or spume of oyle to the mouthe of the vessell, then presse the yolkes and reserue the lycour, this is called oyle of egges: a very precyous thyng in the forsayde cure.

Moreouer there is an oyntment made of shepes dōg fryed in oyle or in swines greee, thā put to it a lytle waxe, & vse it

Also take quycke lyme and wasshe it in vcriuce. ix. or. x. tymes. than mingle it wt oyle, & kepe it for the same entent.

Item the iuce of the leaues of lillies v. partes, and vyneegre one part, honye a lytle, maketh an excellent medicine, not onelye for this entent, but for all other kynde of hote and rennyng vlcers. ¶ Note that what so euer ye vse ī this case, it must be laide vnto, blood warme. Also for auoydyng of a scarre, kepe the sore alwaye moyst with medicyne.

¶ Of kybes

The kybes of ỹ heeles, are called in latyn perniones, they procede of colde, & are healed wt these subscrybed remedies. A rape rote, rosted wt a litle fresh butter is good for the same greefe.

Item a dosen kygges, soddē & stamped wyth a lytle goose greece, is good.

Eare the wormes sodden in oyle, hath the same effecte.

Item ỹ skynne of a mouse clapped all hote vpon the kybe wyth the heare outwarde, and it shulde not be remoued dureynge .iii. dayes.

¶ A playster for a kybed heele.

Take newe butter, oyle of roses, hēnes greece, of eche, an ounce, put the butter and the greece, in a bygge rape roote, or i lacke of it, in a great apple, or onion & whan it is rosted softe, braye it wyth the oyle, and laye it playsterwyse vpon the kybe. ¶ An other.

Take the meate of apples and rapes rosted on the coles, of eche iii. ounces, fresh butter .ii. oūces, duckes grese or swānes greece, ā ounce, stamp thē all ī

a morter of lead, yt it maye be had, or els grynde them on a fayre marble & vse it

¶ Of consumption or leanesse.

When a childe cõsumeth or waxeth leane wythoute anye cause apparaũt there is a bathe commended of authours, to washe ỹ chylde manye tymes, & is made thus.

Take the head and feete of a wether, seeth them tyll the bones fall a sunder, vse to bathe the chylde in this licour, & after annoynte hym wyth thys oyntement folowynge.

Take butter wythoute salte, oyle of roses and of violettes, of ethe. i. ounce the fatte of rawe porke, halfe an ounce, waxe, a quarteron of an ounce, make ã oyntment wherwyth the chylde muste be rubbed euery daye twyse, thys with good feding shall encrease his strength by the grace of God.

¶ Of gogle eyes.

This impediment is neuer healed but in very yonge chylde, euen at ỹ begynninge, whereunto there is appoin-

ted

ted no manner kynde of medicine, but onely an order of kepynge, that is to saye, to laye ꝯ chylde so in hys cradelle, ꝯ he maye beholde directe agaynste the lyght, & not to turne hys eyes on either of both sydes. If yet he begine to gogle than set ꝯ cradell after such a fourme, that ꝯ lyght may be on ꝯ contrary syde, ꝯ is on the same syde from whence he turneth hys eyes, so that for desyre of lighte he maye dyrecte them to the same part, & so by custome, bringe them to ꝯ due fashion, and i ꝯ nyght there ought to be a candell set in lykewyse to cause hym to behold vpon it, and remoue his eyes from the euel custome. Also grene clothes, yelowe, or purple, are very good in thys case to be set, as is sayde afore. Furthermore a coyfe or a byggen stondyng out besydes hys eyes, to constrayne the syght to beholde direct forwarde.

¶ Of lyce.

Sumtimes not only chyldren but also other ages, are annoyed with lyce, they proced of a corrupte humour, & are

engendred wythin the skynne, creppyng out a lyue thorough the poores, whiche yf they beginne to swarme in exceding numbre, that dysease is called of the greckes Phthiryasys, whereof Herode dyed, as is wrytten in the actes of apostles, and among the Romaynes Scilla, whych was a great tyraunt, & many other haue ben eaten of lyce to deathe, whyche thynge, whan it happeneth of the plage of God, it is paste remedye, but yf it procedeth of a naturall cause, ye maye well cure it by the meanes folowynge.

Fyrste let the paciente abstayne from all kynde of corrupte meates, or ꝑ brede flcume, and amonge other, fygges and dates muste in thys case be vtterly abhorred. Than make a lauatory to wash and scoure the bodie twyse a day, thus. Take water of the sea, or els bryne and strongelye of asshes, of eche a lyke portion, wormewood a handful, seth them a whyle, and after washe the bodye wt the same licour.

A good

¶ A goodlye medicine for to kylle lyce.

Take the groũdes or dregges of oyle, aloes, wormewood, and the galle of a bulle, or of an oxe, make an oyntement whyche is singuler good for the same pourpose. ¶ An other.

Take musterde, and dissolue it in vinegre, wyth a lytle salte peter, and annoynt the places, where as the lyce are wonte to breed.

Item an herbe at the pothecaries called stauesacre, brymstone, and vynegre, is excedyng good.

It is good to gyue the pacient often in hys dryncke, pouder of an hartes horne brente.

Stauisacre wyth oyle is a maruey-louse holsom thynge in this case.

¶ An experte medicine to dryue awaye lyse.

Take the groũdes or dregges of oyle or in lack of it, fresh swines grece, a sufficient quãtitie, wherin ye shal chafe an oũce of quycksyluer tyl it be all sonken into

into the grece, than take poudet of staui sacre serced, and myngle all togyther, make a gyrdyll of a wollen liste meete for the myddle of the patient & al to annoynte it ouer wyth the sayde medicine than let hym were it contynually nexte his skinne, for it is a synguler remedi to chase awaye the vermyn. The onely odour of quyckesyluer kylleth lyce.

These shal be suffycient to declare at this tyme in this litle treatise of ỹ cure of chyldren which yf I maye knowe to be thankefully receyued I wil by gods grace supplye moze hereafter, neyther desyze I any lenger to lyue than I wil employe my studyes to the honoure of god, and profyt of the weale publike.

¶ Thus endeth ỹ booke of childerne composed by Thomas Phayer, studioule in Philosophie and Physicke.

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¶ The contentes of the regiment of lyfe.

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For

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Diseases of the bowels.
For colyke and yliaca passio.
For the wyndye colyke.
A suppositorye.

A purgation

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A purgation for collyke of fleume.
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Payne of the reynes, and remedye.
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For the flure dyarhea and other.
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Of the goute, wyth the cauſes and remedyes.

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The

The table.

¶ The contentes of the treatyse of the pestilence.

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Of the cure of pestilence by the way of medicines.
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A good defensyue.
A declaracion of the vtilitie of veynes cōmonly to be let blood in the bodye of man.

¶ Finis.

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